

Department of Recreation and Parks



Recreation Guide

Summer 2014

Preschool

Children

Teens

Adults

Seniors

Summer
Registration
begins May 15

**Stay Cool at the Pool
this Summer!**

See page 60

www.rockvillemd.gov/recreation • 240-314-8620



Develop Soccer Skills
page 14



Experience Nature
page 22-23



Teens on the Go
page 25



ROCKVILLE IS REGISTERED AS A "LET'S MOVE!" CITY

This campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation.

Programs encouraging healthy living for children are designated in this guide with a Let's Move! logo.

Go to www.letsmove.gov

What's Inside Choose Your Fun!

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Use your smart phone
for quick access to
our website.



BEHIND THE COVER

Stay cool in the pool! Summer is coming and there are lots of classes, sun and fun to be had at the Rockville Swim and Fitness Center. See pages 60-63

*Photo by: Nia Smith
Teen Program Assistant*

KEY:

Fee = Rockville resident/non-resident



= Healthy programs for youth



Get into Shape
page 28-33



Sign up for a Summer Trip
page 56

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Meet Tim Chesnutt

Tim arrived in a snowstorm in March to be the new Director of Recreation and Parks for the City of Rockville. He has more than 25 years of leadership experience in recreation and parks administration. For the past five years, Tim has served as the Director of the Jacksonville, NC Recreation and Parks Department. He has strong ties to this area. In addition to growing up here, he previously held positions with Loudoun County, the Town of Herndon, Arlington County and Anne Arundel County. In his spare time, Tim enjoys spending time with his grown twin children, golfing, canoeing in West Virginia and exploring the outdoors with his black lab, Maddie.

What's Happening in Rockville?

Receive Rockville's weekly events, delivered to your email every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

www.rockvillemd.gov/thisweek

Summer Highlights

MAY

- 10, 17, 24, 31 Saturday Farmers Market, Rt. 28 & Monroe St. (p 21)
- 17 Kids to Parks Day, Croydon Creek NC (p 23)
- 18 Rockville Chorus, "Spring Concert," FSF Theatre (p 72)
- 21 Ride of Silence, Town Square (p 36)
- 24, 25 Hometown Holidays Celebration, Town Center (p 80)
- 26 Memorial Day Parade, Downtown Rockville (p 80)
- 27 Youth Orchestra Concert, FSF Theatre (p 70)
- 30 Water Safety Day, Rockville Swim & FC (p 68)

JUNE

- 1 Sunday Afternoon Concert, Glenview Mansion (p 70)
- 1 "Sculpture on the Grounds" Exhibit, Glenview Mansion (p 69)
- 1 Family Safety Skills Bike Rodeo, Thomas Farm CC (p 10)
- 4, 11, 18, 25 Wednesday Farmers Market, at Dawson's Market (p 21)
- 7, 14, 21, 28 Saturday Farmers Market, Rt. 28 & Monroe St. (p 21)
- 7 Multi-Cultural Day, TCRC (p 7)
- 9 Jr. Golf Clinics Kick-Off, RedGate Golf Course (p 18)
- 13 International Day, Rockville Senior Center (p 57)
- 16 Summer Camps Kick-Off (p 19)
- 23 Teens on the Go Kick-Off (p 25)
- 23 Summer Playgrounds Kick-Off (p 20)
- 23 Senior Duffers Golf League Kick-Off (p 55)
- 27 Men's Futsal League Kick-Off, Twinbrook Community RC (p 35)
- 29 Sunday Afternoon Concert, Glenview Mansion (p 70)

Get into it!

JULY

- 2, 9, 16, 23, 30 Wednesday Farmers Market, at Dawson's Market. (p 21)
4 4th of July Celebration, Montgomery College (p 21)
5, 12, 19, 26 Saturday Farmers Market, Rt. 28 & Monroe St. (p 21)
18 Family Movie in the Park, Isreal Park (p 10)
19 Rockville Rotary Twilight Runfest, Downtown Rockville (p 36)
29 Square Dance, Rockville Senior Center (p 38)

AUGUST

- 2, 3 Rockville Civic Ballet, "Summer Production," FSF Theatre (p 71)
2, 9, 16, 23, 30 Saturday Farmers Market, Rt. 28 & Monroe St. (p 21)
3 Sunday Afternoon Concert, Glenview Mansion (p 70)
6, 13, 20, 27 Wednesday Farmers Market, at Dawson's Market (p 21)
15 Back-to-School Jam, Lincoln Park CC (p 18)
23 Uncorked Wine and Music Festival, Town Square (p 37)
25 Men's Softball League Kick-Off (p 35)
29, 30 Youth Tackle/Flag Football Kick-Off, Mattie Stepanek Park (p 17)

www.rockvillemd.gov/recreation
240-314-8620

Tots/Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

Arts, Dance and Enrichment

Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together Trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$89. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required. 6 classes

Age: 1 month -5 years

47522	W	6/25-7/30	9:30-10:15 AM	\$120/\$139/\$89
47523	W	6/25-7/30	10:30-11:15 AM	\$120/\$139/\$89

Thomas Farm CC/Liddle

47525	Th	7/17-8/21	9:30-10:15 AM	\$120/\$139/\$89
47526	Th	7/17-8/21	10:30-11:15 AM	\$120/\$139/\$89

Twinbrook CRC/Winkler

47527	F	7/18-8/22	10-10:45 AM	\$120/\$139/\$89
47528	F	7/18-8/22	11-11:45 AM	\$120/\$139/\$89

Rockville Swim and Fitness Center/Winkler



Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center. 5-6 classes

Age: 3-4

47532	Sa	6/21-7/26	10-10:45 AM	\$55/\$64
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Twinbrook CRC/Simpson

Age: 3-4

47535	Sa	6/21-8/2	9-9:45 AM	\$69/\$75
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Rockcrest Ballet Center/Chongpinitchai

Age: 3-4

47536	Sa	6/21-8/2	10-10:45 AM	\$69/\$75
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Rockcrest Ballet Center/Chongpinitchai

Age: 3-4

47547	Sa	7/5-8/9	11-11:45 AM	\$69/\$75
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Thomas Farm CC/Kwong

Age: 4-5

47533	Sa	6/21-7/26	11-11:45 AM	\$55/\$64
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Twinbrook CRC/Simpson

Age: 4-5

48017	Sa	7/5-8/9	9-9:45 AM	\$69/\$75
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Thomas Farm CC/Kwong

Child Care

Professional, caring staff with years of experience provide a safe nurturing environment for your child.



Summer at Montrose



Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted and additional financial support is available. Children must be 3 years old and toilet trained to start. Call 240-314-8631 for additional information or to schedule a tour. Spaces are limited.

Age: 3-5

46262	M-F	6/9-6/20	8 AM-6 PM	\$369/\$419
46263	M-F	6/23-7/3	8 AM-6 PM	\$335/\$385
46264	M-F	7/7-7/18	8 AM-6 PM	\$369/\$419
46265	M-F	7/21-8/1	8 AM-6 PM	\$369/\$419
46266	M-F	8/4-8/15	8 AM-6 PM	\$369/\$419

Montrose CC

Fall Child Care

Montrose Discovery Preschool

451 Congressional Lane, Rockville

Ages: 3-5

August 25, 2014 - June 5, 2015

8 a.m. - 6 p.m. or 9 a.m. - 12:30 p.m.

Call 240-314-8631 or email anikitina@rockvillemd.gov

Tots/Preschool

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students. 10 classes

Age: 3-4

47427	M & W	7/7-8/6	6-6:30 PM	\$99/\$115
47428	Tu & Th	7/8-8/7	4-4:30 PM	\$99/\$115

Kicks Karate/Staff

Twinbrook Multi-cultural Day

**Saturday, June 7
4-7 p.m.**



Twinbrook Community Recreation Center

ALL AGES

Kids activities and more . . .

240-314-8830

www.rockvillemd.gov/twinbrook

Tots/Preschool

Time for Toddlers



Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon

Tiny Tot Dinosaur Celebration

July 15

THOMAS FARM COMMUNITY CENTER

240-314-8840

Toddler Time

Wednesdays, 10 a.m.-Noon

LINCOLN PARK COMMUNITY CENTER

240-314-8780

Polliwog Adventures

Thursdays and Saturdays

10-11 a.m. - Spaces are limited.

Advanced registration required

CROYDON CREEK NATURE CENTER

240-314-8770

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Shorty Sports

Enjoy learning the fundamentals of sports through games and a variety of instructional drills. Develop throwing, catching, kicking and batting skills through sports such as soccer, T-ball and basketball. Wear sneakers. 5 classes

Age: 4-5

47392 Th 6/19-7/17 6-6:50 PM \$55/\$63

Age: 6-7

47393 Th 6/19-7/17 7-7:50 PM \$55/\$63

King Farm Park/Thomas



Tennis for Toddlers (Adult/Child)

Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required. 6 classes

Age: 4-5

47419 Su 6/22-8/3 10:15-11 AM \$69/\$79

Ages: 6-7

47420 Su 6/22-8/3 11:05-11:50 AM \$69/\$79

Thomas Farm CC/Z. Yargici



Tiny Tykes Basketball

Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized. 6 classes

Age: 4-5

47430 Sa 6/21-8/2 10:15-11 AM \$65/\$75

Thomas Farm CC/Rose

A resource for children's activities,
classes and sports in Montgomery County

CLIMB
ABOARD
THE ROCKET

activityrocket.com



Activity
ROCKET™

Search. Share. Simple.

Party Time!

Theme Parties

Croydon Creek Nature Center

\$180/\$204 - 10 participants
\$10 each additional child; Max 25
Ages 3 and older
www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Lincoln Park Community Center

Isreal Park (field behind center)
www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

Fallsgrove Park Gazebo
(next to Thomas Farm CC)
www.rockvillemd.gov/thomasfarm
240-314-8840

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

GET INTO SUMMER!!

Family Safety Skills Bike Rodeo

Learn bike safety and how to do a bike inspection. Participate in an obstacle course and receive a certificate of completion.

Ages 4 and older, #47265

June 1, 11 a.m.-1 p.m. (Raindate: June 8)

Thomas Farm Community Center

Family Movie in the Park

Watch a movie on the BIG screen in Isreal Park. Bring chairs, blanket and dinner. Popcorn and refreshments sold. Movie in English.

All Ages, \$3 pp (kids under 3 free)

July 18, 8:30 p.m. (sunset) Isreal Park

Isreal Park (Located behind Lincoln Park Community Center)

Summer Literature Club

Join the club and help your children maintain their reading skills throughout the summer.

Grades 1-5, #46211

June 30 – July 25, 1-4 p.m.

Twinbrook Community Recreation Center

Sunday Science Sampler

Enjoy an afternoon with your child as you work your way through self-guided stations designed to teach about nature in hands-on and unique ways.

Ages 2-6, #47549

August 3, 1:30-3:30 p.m.

Croydon Creek Nature Center

Last Hurrah

Something fun for your children to do at the end of the summer!

Crafts, organized games and sports.

Ages 5-12, #46209

Aug. 18-22, 9 a.m.-5 p.m.

Twinbrook Community Recreation Center

Visit a City Park this Summer!

Enjoy . . .

- the natural beauty of the John Hayes Forest Preserve.
- the action of a baseball game at Dogwood Park.
- the playfulness of the Rockville Dog Park.
- over 905 acres of parkland in 65 parks.

Go to www.rockvillemd.gov/parks to discover the amenities and features available in a specific park.



Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

Arts, Dance and Enrichment

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level but it may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. 5-6 classes

Young Beginner - Age: 5-6

47514 Sa 7/5-8/9 10-10:55 AM \$65/\$72
Thomas Farm CC/Kwong

Young Beginner - Age: 5-7

47513 Sa 6/21-8/2 11-11:55 AM \$65/\$72
Rockcrest Ballet Center/Chongpinitchai

Beginner - Age: 5-13

48007 F 6/20-7/25 5-6 PM \$52/\$60
Rockcrest Ballet Center/Simpson

Beginner - Age: 6-12

47516 Sa 6/21-8/2 12:15-1:10 PM \$65/\$72
Rockcrest Ballet Center/Chongpinitchai

Beginner Plus - Age: 6-13

48010 F 6/20-7/25 6-7 PM \$52/\$60
Rockcrest Ballet Center/Simpson

Intermediate I & II - Age: 7+

48005 Tu 6/24-8/5 4:15-5:15 PM \$65/\$72
Rockcrest Ballet Center/Mangan



Intermediate III & IV - Age: 7+

47506 M 6/23-8/4 4:45-5:45 PM \$65/\$72
Rockcrest Ballet Center/Mangan

Intermediate III & IV - Age: 9+

47509 W 6/25-8/6 4:45-5:45 PM \$65/\$72
Rockcrest Ballet Center/Mangan

Advanced Children & Young Teens - Age: 12+

47508 Tu 6/24-8/5 5:15-6:15 PM \$65/\$72
Rockcrest Ballet Center/Mangan

Advanced Children & young Teens - Age: 12+

47511 Th 6/26-8/7 5:15-6:15 PM \$65/\$72
Rockcrest Ballet Center/Mangan

Children

Clubhouse Extra

Clubhouse Extra is an extended day program that is safe and structured for all school-aged campers. Activities include afternoon crafts, sports/games, computer fun and a snack.

Age: 5-13

Summer Extended Care

47991 M-F 6/23-7/31 3:30-6:30 PM \$80/\$100
Lincoln Park CC/Chase



Family Safety Skills Bike Rodeo

Cycle into summer and help your child learn the rules of the road in a fun and safe environment. Bike Maryland will offer bike inspection and education, an obstacle course and a certificate of completion at the end. A limited number of bikes and helmets will be available on site for those without. An adult is required to attend with their child, however only the child needs to register. Inclement weather date: June 8.

Age: 4+

47265 Su 6/1 10 AM-1 PM \$3
Thomas Farm CC



MEET YOUR AFTER SCHOOL ENRICHMENT TEAM



Top row: Jan Golden, Megan Frene, Nina Herndon.

Second row: Ana Navarro, Martha Coester, Yvette Yeboah.

The staff at Twinbrook Elementary School, Twinbrook Community Recreation Center and Lincoln Park Community Center is ready to welcome your children to jump start or wind down their school days. These programs provide a safe environment with a focus on fitness, fun and homework help!

Before and After School Enrichment

After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

47946 M-F 8/25-10/3 3-6:30 PM \$139/\$159
47947 M-F 10/6-11/14 3-6:30 PM \$139/\$159
47948 M-F 11/17-12/23 3-6:30 PM \$139/\$159
Twinbrook CRC Annex



Clubhouse

This drop-in, after school program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. "Let's Move" Fitness days are incorporated in the program twice each week. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges will apply for late pick-ups.



Grade: K-5

47992 M-F 8/25-10/3 3:30-6:30 PM \$95/\$135
47993 M-F 10/6-11/14 3:30-6:30 PM \$95/\$135
47994 M-F 11/17-12/23 3:30-6:30 PM \$95/\$135
Lincoln Park CC/Chase

Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in fee of \$10 is available.



Age: 5-11

47949 M-F 8/25-10/3 7-9 AM \$115/\$125
47950 M-F 10/6-11/14 7-9 AM \$115/\$125
47951 M-F 11/17-12/23 7-9 AM \$115/\$125
Twinbrook CRC Annex/Staff

Children

Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents.

Age: 5-13

47894	M-F	8/25-10/3	3:30-6:30 PM	\$139/\$159
47895	M-F	10/6-11/14	3:30-6:30 PM	\$139/\$159
47896	M-F	11/17-12/23	3:30-6:30 PM	\$139/\$159
Twinbrook ES				

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students. 10 classes

Little Ninjas - Age: 5-7

47377	M & W	6/23-7/23	4-4:40 PM	\$99/\$115
47378	Tu & Th	6/24-7/24	5:55-6:35 PM	\$99/\$115

Youth - Age: 8-12

47379	M & W	6/23-7/23	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$109/\$125
47380	Tu & Th	6/24-7/24	6:30-7:15 PM	\$109/\$125
Kicks Karate/Staff				

Kung Fu for Kids



This martial art is a great tool for channeling energy and developing positive growth and focus. It will also increase physical fitness, flexibility, stamina, coordination and self-discipline. 8 classes

Age: 5-10

47381	M	6/23-8/11	6-7 PM	\$72/\$85
Elwood Smith RC/Thompson				

Martial Arts (Soo Bahk Do) *New*



Learn self-defense conflict prevention by using traditional Korean martial arts techniques. This type of martial art is suitable for all ages and emphasizes discipline and respect. Master instructors with over 30 years of experience will teach proven self-defense skills. 1 demo/4 classes

Age: 7+

47978	W	7/2	7-8 PM	Free Demo
47981	W	7/9-7/30	7-8 PM	\$35/\$40
Twinbrook CRC/Kea				

PE for Homeschoolers



Aimed at helping parents meet physical education requirements for their home schooled children, this class will focus on the basic fundamentals of different sports and physical activities. Monday class will focus on team sports; Friday will hone in on balance, strength, agility and flexibility.

Age: 5-15

47923	M	6/16-8/4	1:30-2:30 PM	\$64/\$75
47925	F	6/20-8/8	1:30-2:30 PM	\$56/\$65

Rockville Swim and Fitness Center/Serrano-Gonzalez

Zumba Fit-Kids



Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12

47927	Sa	6/21-8/9	10:15-11 AM	\$56/\$65
Rockville Swim and Fitness Center/Groman				

Summer Holiday

No programs meet

**Friday, July 4
Independence Day**

**For holiday and no class dates, see
<http://rockenroll.rockvillemd.gov>**



Children

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided; however, participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used. 8 classes

Age: 7-9

47365	Th	7/10-8/28	6-7 PM	\$114/\$129
47366	Sa	7/12-8/30	11 AM-12 PM	\$114/\$129

Age: 10-13

47367	Th	7/10-8/28	7:20-8:40 PM	\$114/\$129
47368	Sa	7/12-8/30	12:20-1:40 PM	\$114/\$129

Rockville Fencing Academy/Staff



Skateboarding for Kids



Interested in skateboarding? Whether you are a first-time rider or a pro, this class will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! Bring skateboard, helmet, knee and elbow pads and wrist guards. All levels welcome. 6 classes

Age: 5-14

47394	Tu	6/24-7/29	6-7 PM	\$65/\$75
47395	Tu	6/24-7/29	7-8 PM	\$65/\$75

Rockville Skate Park/Verdell

WAITING LIST...

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants. 5 classes

Age: 4-5

47396	Sa	6/14-7/19	9-9:50 AM	\$55/\$63
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King Farm Park/Thomas

Age: 6-7

47397	Sa	6/14-7/19	10-10:50 AM	\$55/\$63
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King Farm Park/Thomas

Age: 7-9

48012	Sa	6/14-7/19	11-11:50 AM	\$55/\$63
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King Farm Park/Thomas

T-Ball Skills - Beginner



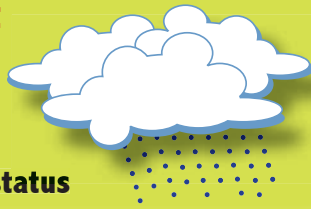
Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Bring a mitt. 6 classes

Age: 5-7

47403	Sa	6/21-8/2	10-10:50 AM	\$65/\$75
48013	Sa	6/21-8/2	11-11:50 AM	\$65/\$75

King Farm Park/Orrell



Worried about the weather?**Call the Rec Line at
240-314-5023.****Select #1 for class status****Tennis - 10 and Under**

Using kid-sized racquets, nets and balls, players learn tennis quickly on courts suited for their size. Skills are developed through game-based teaching in a positive environment. Equipment is provided. 6 classes

Age: 5-6

47405	Sa	6/21-8/2	9-9:50 AM	\$69/\$79
King Farm Park/Gough				

Age: 7-10

47406	Sa	6/21-8/2	10-10:50 AM	\$69/\$79
King Farm Park/Gough				

Age: 8-10

47409	Sa	6/21-8/2	4-4:50 PM	\$69/\$79
Broome Athletic Park/Raaf				

Tennis Skills

Lessons for beginners will emphasize fundamentals that include grip, stance, a variety of strokes and rules. More advanced players will improve shot variety and strategies. Ability levels may vary and instructors will work on advancing skills for all participants. Bring a racquet. 6 classes

Age: 5-7

47421	Th	6/26-7/31	5-5:50 PM	\$69/\$79
Montrose Park/Z. Yargici				

Age: 5-7

47424	W	6/25-7/30	4:30-5:20 PM	\$69/\$79
47426	Sa	6/21-8/2	3-3:50 PM	\$69/\$79
Broome Athletic Park/Raaf				

Age: 8-10

47422	Th	6/26-7/31	6-6:50 PM	\$69/\$79
Montrose Park/Z. Yargici				

Age: 9-12

47423	Sa	6/21-8/2	11-11:50 AM	\$69/\$79
King Farm Park/Gough				

Age: 11-15

47425	W	6/25-7/30	5:30-6:20 PM	\$69/\$79
Broome Athletic Park/Raaf				

Children

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

**Fall Cross Country**

Have a blast with your friends running cross country in the fall. Program includes practices and meets for boys and girls. Five meets are planned at courses around the City. Volunteer coaches will conduct practices. Montgomery County Road Runners assist with the meets. Registration deadline: 8/28.

Lil' Rabbits - Grades 1-3

Run 3/4 mile at meets.

47494	Sa	9/27-11/1	8-10 AM	\$59/\$69
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Striders - Grades 4-6

Run 1 mile at meets.

47495	Sa	9/27-11/1	8-10 AM	\$59/\$69
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Rapid Runners - Grades 7-8

Run 2 miles at meets.

47496	Sa	9/27-11/1	8-10 AM	\$59/\$69
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Courses include: Civic Center Park and Dogwood Park

THANK YOU!

*A sincere "thanks" for contributing to the
Rockville Youth Recreation Fund goes to:*

Rockville Recreation and Parks Foundation

*Their generosity allows hundreds of
children to participate in recreation
and child care programs.*

Children



Fall Soccer Co-Rec League



Your child will have a safe, fun and beneficial soccer experience. Emphasis is based on skill development and fun rather than competition. One practice per week. Coaches will inform team members regarding practice and game times. Registration deadline: 8/29.

Ankle Biters - Pre-K (Play 4 v 4)

47501 Sa 9/20-11/1 9 AM-1 PM \$58/\$68
Broome Athletic Park

Tiny Kicks - Grades K-1 (Play 4 v 4)

47497 Sa 9/20-11/1 9 AM-1 PM \$58/\$68
Broome Athletic Park

Pee Wees - Grades 2-3 (Play 7 v 7)

47498 Sa 9/20-11/1 9 AM-1 PM \$58/\$68
Broome Athletic Park

Bantams - Grades 4-5 (Play 9 v 9)

47499 Sa 9/20-11/8 9 AM-1 PM \$60/\$70
Mark Twain Athletic Park

Midgets - Grades 6-8 (Play 11 v 11)

47500 Sa 9/20-11/8 9 AM-1 PM \$60/\$70
Mark Twain Athletic Park



Everyone's a Winner!

Youth Tennis Tournament

USTA Sanctioned

**Emphasizing skill development
in a fun, non-competitive setting.**

10 and Under Sat., June 7 1-5 p.m.

Kid-sized courts, nets, racquets and low compression balls.

City of Rockville Tennis Courts

Ages: 9-10

\$28 R; \$33 NR

Course # 46724

12 and Under June 7 and 8 1-5 p.m.

City of Rockville
Tennis Courts

Ages: 11-12

\$33 R; \$38 NR

Course # 46726



www.rockvillemd.gov/recreation/sports

FALL TEAM SIGN-UPS

ROCKVILLE FOOTBALL LEAGUE



Tackle and Flag

Ages 6-14

Start Dates:

Practices begin Aug. 1
Games begin Aug. 29 and 30

Location:

Mattie Stepanek Park
1800 Piccard Drive, Rockville 20850

Registration:

Information and fees available
on RFL website

www.rfl.cc

OFFICIALS NEEDED!

Youth and Adult
Sports Leagues
Weekday Evening and
Weekend Games

- Youth Soccer
and
Basketball
- Adult
Softball,
Futsal and
Basketball



For more information,
call 240-314-8620 or email
sports@rockvillemd.gov.

**Respect for yourself.
Respect for others.
Responsibility for your actions.**



Respect and Responsibility

City of Rockville Department of Recreation and Parks
www.rockvillemd.gov/Rzone

14TH ANNUAL

Back-To-School Fair

Friday Aug. 15 • 6:30-9 p.m.
Lincoln Park Community Center

- \$2 per backpack with some school supplies for City of Rockville students. (limit of 4 per family)
- Information tables
- School representatives
- DJ and prizes
- Food, drinks and more



Thank you to all our sponsors and volunteers.

240-314-8780
www.rockvillemd.gov/lpcc

JOIN OUR



Summer Literature Club

Twinbrook Community Recreation Center Annex

June 30 - July 25, 1-4 p.m.
Grades 1-5
Course #46211

Maintain your reading skills while school is out.
Registration required.
240-314-8830



SUMMER CAMP

OPEN TO ALL JUNIORS AGES 6 – 16

FULL DAY \$329 per week

Combines instruction and on-course play. All skill levels welcome. Includes a snack break, lunch & Nike amenities package.

HALF DAY \$199 per week

Instruction Only. All skill levels welcome. Includes a snack break & Nike amenities package.

Camps are offered every week from June 9th - August 29th.

**VISIT THE GOLF SHOP OR
SIGN UP AT REDGATEGOLF.COM**



REDGATEGOLF.COM
240.406.1650

NIKE GOLF
LEARNING CENTER

MANAGED BY
BILLY CASPER GOLF

Clubhouse Extra Camp

Lincoln Park Community Center

June 23 - July 31

EXTENDED DAY PROGRAM

M-F, 3:30-6:30 p.m. | Ages 5-13

Crafts, sports, games, computer fun
and daily snack.

No transportation provided.
www.rockvillemd.gov/lpcc

Summer Camps

LET US

ROCK

June 16 -
Aug. 22

YOUR SUMMER

- Over 65 camps
- Before and after care; transportation
- One and multi-week options
- Open to ages 3-16
- Celebrating more than 50 years of summer fun

FUN! AFFORDABLE! CONVENIENT!

Choose from a wide variety of great activities such as Pottery, Science, Nature, Drama, Sports and more.

REGISTER NOW! SPACE IS LIMITED!



View the 2014 Summer Camp Guide

online at www.rockvillemd.gov/camps

Email - camps@rockvillemd.gov

The fun never stops!

at the 2014

Summer Playgrounds

June 23- July 31, 2014
9:30 a.m.-3:30 p.m.
Ages 6-12

- Meet new friends.
- Enjoy exhilarating sports and games.
- Show off artistic talents with crafts.
- Sign up for swim, tennis lessons or exciting field trips.
- Experienced and dedicated Recreation Leaders.



PLAYGROUND LOCATIONS:

Beall E.S.
Calvin Park
Elwood Smith CC and Park
Hillcrest Park
Falls Grove Park/TFCC

Isreal Park/LPCC
Lakewood E.S.
Montrose CC and Park
Potomac Woods Park
Woodley Gardens Park

For additional information,
call 240-314-8620 or visit our website
at [www.rockvillemd.gov/
summerplaygrounds](http://www.rockvillemd.gov/summerplaygrounds)

Register Now

visarts AT ROCKVILLE Art Camps



Kids Create! Summer Camp

Summer: June 16 - August 22
Age 5-12

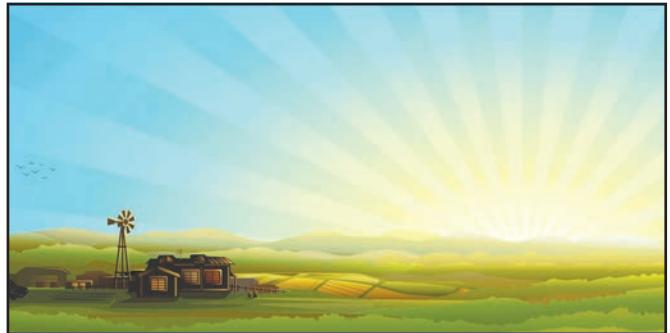
1 & 2 weeks session available
Media: Ceramics, Painting, Drawing, Fused Glass, Mosaic, Mixed Media & Wood Working

Teen Art Institute at Richard Montgomery

Summer: July 7 - August 1
Age 13 - 18

1 week & 2 weeks sessions
Media: Ceramics, Drawing, Fused Glass, Mosaic, or Painting

For more information and register online
www.VisArtsCenter.org (301) 315-8200



GROWERS ONLY Farmers Market

All items are fresh picked daily.

SATURDAYS

9 a.m. – 1 p.m.

May 10 – Nov. 22

Corner of Route 28 and Monroe Street

WEDNESDAYS AT

11 a.m. – 2 p.m.

June 4 – Sept. 24

225 N. Washington St.



Like us on Facebook:
City of Rockville Farmers Market

240-314-8620

www.rockvillemd.gov/farmers



Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770

www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

Family Ramble



Join a Naturalist on a hike through the Hayes Forest Preserve. Trails are not stroller friendly. All participants must register including adults. Children under 12 must be accompanied by an adult.

Age: 1+

Creek Crawl

Wade into the creek to catch and examine creek critters. We provide the nets and all equipment; you come prepared to get wet and have fun. Everyone must wear closed-toe shoes!

47167	Su	6/8	1:30-2:30 PM	\$3/\$5
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Polliwog Adventures (Adult/Child)



Each week explore a new topic in natural history. Through stories, short hikes, games and activities, little ones will learn about nature in a hands-on environment. Adult participation required. Spaces are limited.

Age: 2-5

Wiggling Worms

47844	Th	7/3	10-11 AM	\$7/\$8
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Frogs and Toads

47852	Th	7/10	10-11 AM	\$7/\$8
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Beautiful Bugs

47846	Th	7/17	10-11 AM	\$7/\$8
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47847	Sa	7/26	10-11 AM	\$7/\$8
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Terrific Trees

47848	Th	7/31	10-11 AM	\$7/\$8
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Field and Stream

47849	Th	8/7	10-11 AM	\$7/\$8
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Slithering Snakes

47850	Th	8/21	10-11 AM	\$7/\$8
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47851	Th	8/28	10-11 AM	\$7/\$8
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Saturday Story and Hike (Adult/Child)



Stop by the Nature Center for story time and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5

47157	Sa	6/21	10-11 AM	\$4/\$6
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47841	Sa	7/19	10-11 AM	\$4/\$6
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47842	Sa	8/16	10-11 AM	\$4/\$6
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Celebrate Honeybees (Adult/Child)



Learn about the amazing and gentle honeybee with our volunteer beekeeper. Explore beekeeping, honeybee biology, and extract honey from the comb. All participants must register and children under age 10 must be accompanied by a registered adult.

Age: 5+

47933	Su	7/27	1:30-3 PM	\$5/\$6
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Sunday Science Sampler



Enjoy an afternoon of learning with your child as you work your way through several self-guided stations designed to teach about nature in hands-on and unique ways. This program is presented open-house style so that everyone can work at their own pace. Plan to spend at least an hour.

Age: 2-6

47549	Su	8/3	1:30-3:30 PM	\$4/\$6
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Nature Tots (Adult/Child)



Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new topic through nature play, crafts, stories and hikes. Adult participation required.

Age: 2-5

Creek Critters

47001	Th	6/5	10-11:30 AM	\$8/\$10
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Nocturnal Animals

47002	Th	6/19	10-11:30 AM	\$8/\$10
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Spend Your Summer at **Croydon Creek Nature Center**

**Experience the Outdoors
with Naturalist-Led Camps**

Ages 5-7

Guppy Camps

(full and half-day options)

Ages 7-10

Nature Explorations

Ages 9-12

Outdoor Expeditions

Wilderness Skills

American Indian Crafts & Culture

**Spaces are limited, so register early!
240-314-8770**

www.rockvillemd.gov/croydoncreek



Green Your Back Yard

Rain Barrel Training

Saturday, June 7

1:30-3:30 p.m.

FREE

Twinbrook Community Recreation Center

Learn why rain barrels are a tool to protect our streams.

Participants will receive information on how to buy, install and maintain rain barrels.

Free rain barrel raffled off to one lucky Rockville resident!

Open on a first-come, first-served basis and registration is required.

To register, call the RainScapes Coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address.



**Saturday
May 17
9 a.m. - 5 p.m.**

CELEBRATE
KIDS TO PARKS DAY
Croydon Creek Nature Center

- Spend time outdoors
- Enjoy the Hayes Forest Preserve
- Stop by the Nature Center for an activity and craft.

Sponsored by:

The National Park Trust • The City of Rockville

240-314-8770

Teens

Arts, Dance and Enrichment

Ballet - Advanced



Students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes. 6 classes

Age: 13+

47517	M	6/23-8/4	5:45-7 PM	\$65/\$72
47518	W	6/25-8/6	5:45-7 PM	\$65/\$72

Rockcrest Ballet Center/Mangan

Late Night Friday

Teens have the Center all to themselves to play in the gym, enjoy video games, dance and listen to music while hanging out with friends. Refreshments will be sold. Pre-registration is a must. Space is limited to the first 100 registrants. Fee at door is \$10 residents; \$15 non-residents, beginning at 6:30 p.m.

Grade: 3-6

47266	F	6/13	7-10 PM	\$7/\$10
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Thomas Farm CC



For Parents and College Students

**Starting college this fall?
Do you have safety concerns?**

Let the City of Rockville Police ease your worries with helpful tips and safety suggestions.

Thursday, May 29

6:30-7:30 p.m.
Location - TBA

FREE

For more information contact the
Teen Programs Office, 240-314-8634

Before and After School Enrichment

After School Madness



This program includes snacks, SSL projects, "First Friday" parties, field trips, cooking, and health and wellness. Transportation is provided by the City from Wood MS and Meadow Hall ES and by MCPS from Julius West MS. Program is held on half days, Noon-6:30 p.m. It is closed holidays or when MCPS is closed. For more information call 240-314-8634. Payment plans are available.

Grade: 5-8

47984	M-F	8/25-12/23	3-6:30 PM	\$229/\$245
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Twinbrook CRC

48019	M-F	8/25-12/23	3-6:30 PM	\$229/\$245
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LPCC Pick-up

Teen After School Volunteers

Looking for a fun place to earn your SSL hours? Come join the Volunteer staff at Twinbrook Community Recreation Center's After School Adventure Program. Volunteers work with Rockville staff to plan, prepare and lead activities for elementary-aged children. Volunteer shirts and/or badges are provided. Wear comfortable clothes and sneakers.

Grade: 7-12

47952	M & W	8/25-10/1	4-5 PM	\$25/\$29
47953	Tu & Th	8/26-10/2	4-5 PM	\$25/\$29

Twinbrook CRC Annex

Totally Teens



An after school program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is closed holidays or when MCPS is closed.

Grade: 6-10

With Snack

47267	M-F	8/25-12/23	3-6:30 PM	\$289/\$305
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Without Snack

48006	M-F	8/25-12/23	3-6:30 PM	\$229/\$245
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Thomas Farm CC

Teens on the Go

8 weeks of fun!

June 23 – Aug. 15

Trips to amusement parks and baseball games, rafting, laser tag, go-karting, swimming, pottery and more . . .



Pick-up and Drop-off locations:

- Julius West Middle School
- Twinbrook Community Recreation Center
- Lincoln Park Community Center
- Thomas Farm Community Center

Trip times vary depending on destination.
Most trips held between 10 a.m.–5 p.m.

Not interested in the day trip or need a place to hang out before or after the trip?

Easy solution: Buy a Community Center pass and enjoy computer access, video games, gym time and more.

See detailed registration information in the Spring 2014 Recreation Guide.

240-314-8634



WE WANT YOU!



Summer 2014 Camps and Playgrounds



Great Hours – Excellent Salary!

Up to 7-week program/33 hours per week

- Teach sports and games
- Outdoor activities
- Arts and crafts and more . . .

For job openings and application information, visit
www.rockvillemd.gov/careers

Teens

Fitness and Wellness

We recommend bringing a water bottle to all fitness and sports programs.



Get Fit with Anthony *New*



This is the perfect program for you if you're bored with your normal workout routine or are just beginning a fitness routine. Anthony is a Certified Personal Trainer and Teen Programs Director with the City. He will help you create and attain your own personal health goals during the program. Sign up for one or both days. Any questions, call Teen Programs 240-314-8634.

Grade: 6-12
47988 M 6/23-8/4 5:30-6:15 PM \$40/\$45
Twinbrook CRC

47989 Sa 6/28-8/9 10-10:45 AM \$40/\$45
Lincoln Park CC

Make It Happen Basketball



This basketball program features techniques and drills that will turn you into a complete player. Learn the fundamentals and increase your speed and footwork with special speed and agility training (SAQ). The program is taught by Rockville semi-professional basketball players and coaches.

Grade: 6-8
47990 M-Th 8/11-8/14 5:30-6:30 PM \$60/\$75
Lincoln Park CC



Sports - Instructional



Field Hockey Tune Up *New*



Get ready for field hockey season by working with an experienced coach to develop and fine tune your skills. Players will focus on stick work, offensive and defensive strategies and conditioning. Players of all positions will benefit from this program. Participants need to bring a stick, goggles, mouth guard and shin guards.

Age: 13-17
47983 Su 8/10 9 AM-12 PM \$35/\$40
Mark Twain Athletic Park/Massino



RockvilleRec is on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services. Follow @RockvilleRec.

Log on and join @
www.twitter.com



CHECK OUT YOUR
Local Centers

CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday–Saturday 9 a.m.–5 p.m.

Sunday, 1–5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday–Saturday, 9 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday–Friday

6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.

(April–Oct.)

and 9 a.m.–8:30 p.m.

(Nov.–March)

Come Skate at the Rockville

FREE

355 Martins Lane
(behind Swim and
Fitness Center)

**Sk8
Park**

featuring:

Micro Ramp with
Escalator and Pyramid



Hours: 9 a.m. - 10 p.m. • 7 Days a Week

Park has Lights • 240-314-8620

www.rockvillemd.gov/skatepark

THEME PARK TICKETS

On sale April 18

For parks, prices and
information call 240-314-5024



Adults

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. 6 classes

Age: 13+

Beginner - Intermediate

47504 Th 6/26-8/7 7:45-9 PM \$65/\$72

Intermediate - Advanced

47503 Th 6/26-8/7 6:30-7:45 PM \$65/\$72


Advanced

47517 M 6/23-8/4 5:45-7 PM \$65/\$72

47502 Tu 6/24-8/5 6:30-7:45 PM \$65/\$72

47518 W 6/25-8/6 5:45-7 PM \$65/\$72

Rockcrest Ballet Center/Mangan



Broadway Moves
Dance like a Broadway Star! This fun and energetic exercise class focuses on being the "One Singular Sensation" that is YOU. Burn calories, stretch, tone, improve posture and most of all, enjoy the melodies of Broadway. For all levels. 6 classes

Age: 16+
47862 Th 6/19-7/31 7:30-8:30 PM \$79/\$89
Thomas Farm CC/Devine

Contemporary/Lyrical Ballet

Learn a form of ballet influenced by both modern and jazz dance. This style draws its technique from classical ballet. During class, the body experiences a greater range of movement than the lines set forth by the traditional schools of ballet. Intermediate ballet skills required. 6 classes

Age: 16+

47977 M 6/16-7/28 7:30-8:30 PM \$69/\$75

Twinbrook CRC/Chongpinitchai

Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions. 6 classes

Age: 16+

47550 Tu 6/24-7/29 7:30-8:25 PM \$69/\$75
Twinbrook CRC/DeLuca

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights. 9 classes

Age: 16+

47349 M 6/23-8/18 6:15-7:15 PM \$68/\$79
Thomas Farm CC/Maguire

47350 Sa 6/28-8/23 8:45-9:45 AM \$68/\$79
Rockville Sr. Ctr./Maguire

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

47904 M 6/16-8/4 12:45-1:15 PM \$40/\$48

47906 W 6/18-8/6 12:45-1:15 PM \$40/\$48

47907 W 6/18-8/6 8:05-8:35 PM \$40/\$48

47908 F 6/20-8/8 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center/ Ocampo, Cortes,,
Groman, Serrano-Gonzales

Adults

Bokwa

Get active in this high energy cardio work out. Draw letters and numbers with your feet to popular dance music. No counting or choreography required. Wear workout clothes and sneakers. 6 classes

Age: 16+
47551 Th 7/10-8/14 7:15-8:15 PM \$59/\$68
Rockville Swim and Fitness Center/Zelaya

Cardio and Strength Fusion

Spice up your current workout with a variety of cardiovascular routines, including kickboxing and dance aerobics. This interval-style class transitions back and forth between cardiovascular movement and strength training. Modifications to increase or decrease intensity will be provided. Bring mat and weights. 9 classes

Age: 16+
47356 M 6/23-8/18 5:30-6:15 PM \$58/\$68
Twinbrook CRC/Serrano-Gonzales

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+
47918 Th 6/19-8/7 6-7 PM \$64/\$75
Rockville Swim and Fitness Center/Phuong



Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and mat. 9 classes

Age: 15+
47359 Th 6/26-8/21 6-7 PM \$65/\$76
47360 Tu 6/24-8/19 5:30-6:15 PM \$65/\$76
47361 Sa 6/28-8/23 9-10 AM \$65/\$76
Thomas Farm CC/Nalle

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students. 10 classes

Age: 13+
47369 M & W 7/7-8/6 6:10-6:55 PM \$109/\$125
47370 Tu & Th 7/8-8/7 7:20-8:05 PM \$109/\$125
Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+
47913 Tu 6/17-8/5 12-12:45 PM \$64/\$75
47914 Th 6/19-8/7 12-12:45 PM \$64/\$75
47915 Su 6/22-8/10 9:45-10:30 AM \$56/\$65
Rockville Swim and Fitness Center/Serrano-Gonzales/Owen

Adults

Interval Training and Stretch *New*

Power through interval training circuits consisting of 3 minutes of strength, 2 minutes of cardio and 1 minute of core work to sculpt your body, burn fat and blast calories! This class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights. 9 classes

Age: 16+
47998 Th 6/26-8/21 5:30-6:15 PM \$62/\$73
Rockville Sr. Ctr./Maguire

Jazzercise - Low Impact

Fitness that's invigorating, not intimidating! Same great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, pilates, yoga, kick boxing and more. All ages and fitness levels. Bring weights and a mat. 6-7 classes

Age: 16+
47373 M 6/30-8/4 6:30-7:30 PM \$46/\$54
47374 W 6/25-8/6 6:30-7:30 PM \$54/\$63
College Gardens ES/Ham

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+
47916 Tu 6/17-8/5 12:45-1:15 PM \$40/\$48
47917 Th 6/19-8/7 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center/Serrano-Gonzalez

Outdoor Boot Camp *New*

This one-hour, high-intensity class is designed to help you reach beyond your fitness limits. Mixing interval and strength training with drills designed to enhance agility, speed, power, and quickness, Outdoor Boot Camp will push you further than you could normally go alone. This class will meet at the indoor Fitness Center and then move to various outdoor locations on site for multi-dimensional athletic training.

Age: 16+
47928 M, W & F 6/16-8/8 6:30-7:30 AM \$184/\$214
Rockville Swim and Fitness Center/Ocampo

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat. 9 classes

Age: 16+
47530 Tu 6/17-8/19 7:30-8:25 PM \$99/\$115
Rockville Swim and Fitness Center/Poole

Pilates - Yoga Fusion

Fusion is a wonderful blend of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga combined in a flowing workout. Bring a mat and wear comfortable clothing. 9 classes

Age: 16+
47531 Tu 6/17-8/19 6:30-7:25 PM \$99/\$115
Rockville Swim and Fitness Center/Poole

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights. 9 classes

Age: 15+
47388 M 6/23-8/18 9:30-10:30 AM \$65/\$76
47389 Tu 6/24-8/19 6:20-7:20 PM \$65/\$76
47390 W 6/25-8/20 9:30-10:30 AM \$65/\$76
Thomas Farm CC/TBA

47391 Th 6/26-8/21 6:30-7:15 PM \$65/\$76
Rockville Sr. Ctr./Morales



Adults

Small Group Training *New*

Enjoy the benefits of personal training combined with the motivation that comes from being part of a team. Our small groups offer the benefits of working with a certified personal trainer along with the support of participants with the same fitness goals. Enjoy camaraderie, motivation, coaching and program design - all at a fraction of the cost of a one-on-one training session. Groups consist of 4-6 members (running programs can go up to 8) and include a fitness evaluation and assessment at the beginning and end of the session.

Age: 16+

Strength Training for Triathletes

Looking to add strength training to your triathlon regime? Our program can help avoid muscular weaknesses and imbalances that can lead to injury. Runners can improve their economy and subsequent speed, cyclists can see increased time-trial speed and time to exhaustion and overall performance can be improved. Whether you're a first time triathlete or a seasoned competitor, train with Greg, our certified personal trainer and USA triathlon and cycling coach. Give yourself the edge you've been looking for. (\$1040 worth of training)

47929 Tu & Th 6/17-8/7 6-7 AM \$400/\$460

Foundational Strength and Movement

Certain movement patterns serve as a basis for all we do. Whether you're pushing a wheelbarrow, pulling a vacuum, or squatting to sit down, a strong foundation and correct movement techniques are necessary to avoid injury and pain. Focus will be on movement correction and functional training, combining all five basic patterns to improve balance, increase strength and create an overall healthy you. (\$780 worth of training)

47930 M, W & F 6/30-7/25 10:15-11:15 AM \$275/\$315



Train 2 Run - Beginner

Never run before? No problem! This program is designed for those with absolutely no running experience. We'll begin with a personal assessment that will help your trainer determine the right program for YOU. Then, by combining a running/walking regimen with flexibility and strength training exercises we will help you build the strength and endurance necessary to learn to run! Must be able to walk continuously for 20 minutes. Class held rain or shine. (\$1170 worth of training)

47931 M, W & F 6/30-8/8 7 PM \$340/\$390

Boxing Training Clinic

During this intense four-week program you will train like a boxer in preparation for a big fight. This program will utilize boxing techniques, cardio, weights, and plyometrics to help increase your speed, strength, and stamina, and help develop balance and coordination. Whether you're an athlete or just want to reach your peak condition, this clinic will help you push yourself to the limit. (\$780 worth of training)

47957 Tu & Th 7/1-7/28 7-9 PM \$320/\$370



Dynamic Strength

Tired of the same routine? Need to switch things up to start seeing results? Let us help you get started with a fun class that combines light weight training with piloxing - a cardio fusion class with standing pilates, boxing techniques, and dance. In a small group with others just like you, work with our certified personal trainer, Noelia, to push yourself to find a new sleek, sexy and powerful you! (\$1040 worth of training)

47958 Tu & Th 6/17-8/7 8:45-9:45 AM \$320/\$370

Rockville Swim and Fitness Center/Nelson/Cortes/Phuong/Serrano-Gonzalez

Adults

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. 8 classes

Age: 18+
47402 Tu 6/24-8/19 7-8 PM \$61/\$69
Elwood Smith RC/Lamb

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights. 9 classes

Age: 16+
47431 W 6/25-8/20 6:20-7:15 PM \$68/\$79
Thomas Farm CC/Maguire

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one. 8 classes

Age: 16+
47537 Tu 6/17-8/5 4:30-5:45 PM \$89/\$99
Thrive Yoga/Alter

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
47912 F 6/20-8/8 9-10 AM \$89/\$105
Rockville Swim and Fitness Center/Cortes

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+
47910 W 6/18-8/6 9:15-10 AM \$98/\$113
47911 Sa 6/21-8/9 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Cortes/Groman

Yoga - Beginner

This class that will help you open up areas of tightness, such as hips and shoulders and cultivate power in your legs and core. Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a Yoga mat, two blocks and a smile. 4 classes

Age: 16+
47538 Th 7/10-7/31 6:30-7:45 PM \$39/\$45
Twinbrook CRC/Jensen

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat. 8 classes

Age: 16+
47540 Th 6/19-8/14 7:30-8:45 PM \$98/\$113
Rockville Sr. Ctr./Dodson

Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for all levels of students who seek a yoga practice without the flow of Vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a yoga mat. 8 classes

Age: 16+
47541 Sa 6/21-8/9 8-9:10 AM \$89/\$99
Thrive Yoga/Garaffo

Are you a Senior Center member?

If so, you are eligible for a discount on adult classes.

See page 44

Adults



Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block. 9 classes

Age: 16+
47542 M 6/16-8/11 7:30-8:45 PM \$110/\$125
Thomas Farm CC/Neves

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat, block and strap. 8 classes

Age: 16+
47543 W 6/25-8/13 7:30-8:25 PM \$96/\$112
Thomas Farm CC/Maguire

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+
47902 M 6/16-8/4 9-10 AM \$102/\$120
47903 W 6/18-8/6 7-8 PM \$102/\$120
Rockville Swim and Fitness Center/Groman

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+
47921 W 6/18-8/6 6:15-7 PM \$64/\$75
47922 F 6/20-8/8 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Groman/
Serrano-Gonzalez

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+
47919 Sa 6/21-8/9 11:15 AM-12 PM \$56/\$65
47920 M 6/16-8/4 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Groman/McCright

Zumba® Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. New Friday night options at Thomas Farm CC. Taught by licensed Zumba instructors. 5-8 classes

Age: 16+
47545 Tu 7/8-8/26 7:30-8:25 PM \$75/\$85
Thomas Farm CC/LeClair

47546 F 6/20-7/25 7-7:55 PM \$49/\$55
Thomas Farm CC/Ford

47548 W 6/18-7/30 7:30-8:25 PM \$56/\$64
Rockville Sr. Ctr./Graves



Adults

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Fencing - Beginner

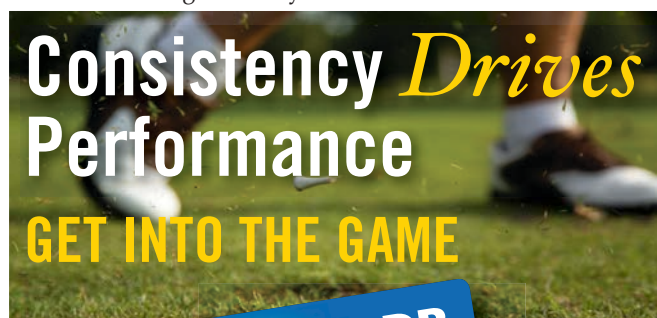
Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used. 8 classes

Age: 14+

47363 Tu 7/8-8/26 7-8:20 PM \$114/\$129

47364 Sa 7/12-8/30 2-3:20 PM \$114/\$129

Rockville Fencing Academy/Staff



\$29 per Month or **\$299** Annually

PLAYER DEVELOPMENT PROGRAM

BENEFITS INCLUDE:

- Unlimited Range Balls | Any Day at Any Time
- 10% Off Golf Shop Merchandise (excludes on sale and special order items)
- \$10 to walk and \$15 to ride | Anytime 3 Hours prior to Sunset
- Discounts on Private Lessons

**Call 240.406.1650
To Purchase Your Card!**

*Program details subject to change.
2 large buckets per golf shop visit (6 tokens).*

REDGATEGOLF.COM

MANAGED BY
BILLY CASPER GOLF



Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet. 4-6 classes

Age: 16+

Beginner (1.0-1.5 NTRP Level)

47410 W 6/25-7/30 6-6:50 PM \$69/\$79

Mattie Stepanek Park/Asaka

Beginner (1.0-1.5 NTRP Level)

47411 Sa 6/21-8/2 3-3:50 PM \$69/\$79

Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level)

47412 Tu 6/24-7/29 6-6:50 PM \$69/\$79

Dogwood Park/M. Yargici

Novice (2.0-2.5 NTRP Level)

47413 M 6/23-7/14 6-7:30 PM \$69/\$79

Twinbrook CRC/Asaka

Novice (2.0-2.5 NTRP Level)

47414 Sa 6/21-8/2 4-4:50 PM \$69/\$79

Thomas Farm CC/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

47415 M 6/23-7/14 7:30-9 PM \$69/\$79

Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

47416 Sa 6/21-8/2 5-5:50 PM \$69/\$79

Thomas Farm CC/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

47417 W 6/25-7/30 7-8:15 PM \$85/\$98

Mattie Stepanek Park/Asaka

Intermediate (3.0-3.5 NTRP Level)

47418 Tu 6/24-7/29 7-7:50 PM \$69/\$79

Dogwood Park/M. Yargici

Men's Futsal Summer League

Five-a-Side Indoor Soccer



**Beginning
Friday, June 27
7:30-11 p.m.**

**Twinbrook Community
Rec. Center**

**Emphasis on improvisation,
creativity and technique.**

40 minute games

Minimum seven players per team.

**Price is per player
\$49 R/\$59 NR #46723**

**www.rockvillemd.gov/recreation/sports
240-314-8620**

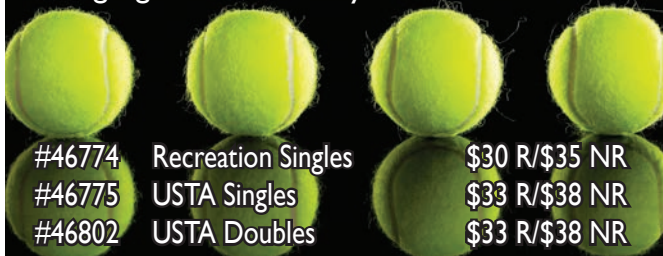
Adult Tennis Tournament

August 1-3

City of Rockville Tennis Courts

Whether a beginner or pro, we'll cater to you! Guaranteed two matches with Recreation and USTA Sanctioned Divisions.

Open to all adults, ages 16+. Brackets based on age, gender and ability.



#46774	Recreation Singles	\$30 R/\$35 NR
#46775	USTA Singles	\$33 R/\$38 NR
#46802	USTA Doubles	\$33 R/\$38 NR

www.rockvillemd.gov/recreation/sports

Register a **Team** in our **Adult Sports League**

**Co-Rec and Women's Volleyball
Co-Rec and Men's Softball**



LEAGUE PLAY BEGINS:

Week of Aug. 25 – Men's Softball

Sept. 4 – Women's Volleyball

Sept. 5 – Co-Rec Softball

Sept. 8 – Co-Rec Volleyball

**Fax or Mail to:
240-314-8659**

**City of Rockville
Dept. of Recreation and Parks
111 Maryland Ave., Rockville MD 20850
Attn: Sports Division**

www.rockvillemd.gov/recreation/sports

2014 DARCARS Rockville Rotary Twilight Runfest

Rockville Town Center
N. Washington Street and Middle Lane

Saturday, July 19

**8K Race, 1K Fun Run and
NEW Family Fitness Walk**



Festival begins 7:00 p.m.
Race begins 8:45 p.m.

Register Early and Save!

\$34 through June 30 online
\$39 through July 18 online or at
packet pick-up, Noon-8 p.m.
\$45 July 19, 10 a.m.-8 p.m.

**\$20 anytime registration fee
for Fun Run and Family Fitness Walk**

Packet Pick-Up:

Potomac River Running, Rockville Town Center

Online registration
www.rockvilletwilighter.org
240-314-8620

7TH ANNUAL *Rockville Ride of Silence*

Town Center Plaza
Wednesday, May 21 | 7 p.m.

Meet in front of the Rockville Library with your bike and helmet for a 10 mile police-escorted ride through Rockville neighborhoods, including the West End, Watts Branch Meadows, Rockshire, Falls Grove and King Farm. Free; no registration needed.

www.rideofsilence.org
for additional information

Rides and Summer Biking Events

Rockville Farmers Market

Bike Safety Checks
Sat., May 10 - July 12 • 10 a.m.-noon
www.rockvillemd.gov/farmers

Tuesday Evening Rides

June 3 - Aug. 26 • 6:30 p.m.
Farmstead Park in King Farm

Family Ride

Sat., June 14 • 10 a.m.
Thomas Farm Community Center

Carl Henn Millennium Trail Ride

Sun., June 15 • 10 a.m.
Rockville Senior Center

Family Ride

Sat., July 12 • 10 a.m.
Rockville Swim Center

Carl Henn Millennium Trail Ride

Sun., July 20 • 10 a.m.
Thomas Farm Community Center

Family Ride

Sat., Aug. 9 • 10 a.m.
Croyden Creek Nature Center

Carl Henn Millennium Trail Ride

Sun., Aug. 17 • 10 a.m.
Lincoln Park Community Center

rockvillebikerides@gmail.com
www.facebook.com/bikerockville
tinyurl.com/13RBAC



8th Annual
Uncorked
Wine & Music
FESTIVAL

Saturday, Aug. 23

Noon - 6 p.m.
Rockville Town Square



(Raindate:
Aug. 24)



- 🍷 Sample wines from Maryland's best wineries.
- 🎵 Listen to two stages of live music.
- 🍳 Enjoy cooking demonstrations.



Check out
our website
for
more
information.

www.rockvillemd.gov/uncorked

***Celebrate America's
Birthday with
Rockville!***

July 4 • 7-10 p.m.

**Montgomery College
Rockville Campus**

**Join your friends
Bring your family
Fireworks at Dusk
Live Music**

www.rockvillemd.gov/events

SUMMER BUCKET LIST IDEAS

- ✓ Take golf lessons (p. 34)
- ✓ Join an adult sports league (p. 35)
- ✓ Attend a ballet performance (p. 71)
- ✓ Run in a 8K (p. 36)
- ✓ Install a rain barrel (p. 23)



Helping Rockville Start and Grow Businesses

Visit www.marylandwbc.org to learn more about how we can help you!

Join us for a **free orientation on small business resources** or check out our affordable workshops for **starting a business, writing a business plan, marketing, funding, and more!**

Rockville Economic Development, Inc.
Helping You Grow Your Business

Follow us!

Square Dance

Tuesday, July 29 • 7-9 p.m.
Rockville Senior Center



Sponsored by the
Senior Citizens Commission

\$10 fee includes lessons and refreshments

Call 240-314-8810 to register

Celebrate National Public Works Week at Rockville's Equipment Show

DATE & TIME: Thursday, May 22
11 a.m.-4:30 p.m.

COST: Free

WHERE: Outdoor pool parking lot
at the Rockville Swim
and Fitness Center,
355 Martins Ln.



- Kids won't want to miss this chance to get up close and personal with BIG trucks!
- Enjoy balloons, popcorn, coloring books and more
- Meet the City of Rockville's Public Works Staff

The City of Rockville and the American Public Works Association (APWA) are celebrating National Public Works Week from Monday, May 19, to Friday, May 23. To learn more about Rockville's Department of Public Works, visit www.rockvillemd.gov/publicworks.



Contact Susan Fournier at 240-314-8503
or email sfournier@rockvillemd.gov

www.rockvillemd.gov/publicworks • 240-314-8500

Seniors

ROCKVILLE SENIOR CENTER • 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800
www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Friday, May 9.**

Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide.

(R) - Resident registration begins **Thursday, May 15** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, May 15** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER Hours

Monday-Friday, 8:30 a.m.–5 p.m.
 Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents

\$135/year - Non-residents; \$65 spouse



Fitness Club

Membership Fees

\$75/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

Carnation Supper Club – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. Prepared by staff. Cost \$12. Call 240-314-8810.

Seniors

Arts and Enrichment

Another Red Hot Mama *New*

The second installment of this dramatic/musical program celebrates the life of Fanny Brice, one of the last of the red hot mamas! Much of our knowledge of Fanny is through Barbara Streisand's portrayal of her in "Funny Girl." Brice's persona and talent was much bigger than this production. She was a comic artist/clown who used her face, body and voice to create characters. There will be time for discussion and questions after the interpretive performance by Karen Webber-Gilat.

47290 Th 7/10 10:30 AM-12 PM \$6/\$8/\$11
Azalea Room

Behavioral Finance *New*

Welcome to an innovative approach to investing seminar. Learn about behavioral finance, how it can be meaningful and its potential impact on your investment decisions. Presented by Terrence Frederick, financial advisor.

47858 F 7/18 1-2 PM Free
Azalea Room



Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability.

July Party

Sponsored by: Brighton Gardens of Tuckerman Lane
Entertainment by: John Brown Band
47839 W 7/2 1:30-3 PM Free/\$5

August Party

Sponsored by: Sponsorship available
Entertainment by: Chyp and Andrea
47840 W 8/6 1:30-3 PM Free/\$5
Carnation Room



Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

47271 Th 6/26-7/24 10-11 AM Free/\$5
Blossom Room/Beck

Buds in a Bucket *New*

Container gardening is easy to master and a fun way to keep your home green year-round. You don't need a large space to plant a variety of flowers and/or veggies for your enjoyment. Join a Master Gardener from Montgomery County to learn the how to's and grow your own budding plants.

47891 Tu 6/24 10:30 AM-12 PM \$4/\$5/\$6
Azalea Room

Buying a New Vehicle? *New*

Is it time to buy a new car or truck? Learn how to navigate the entire process of getting a new vehicle including which model to choose, taking a test drive and how to negotiate with a dealer from the beginning to the end of the sale. There will be an opportunity for individual questions after the presentation by Mike Rabkin, consumer advocate.

47870 W 7/16 1-2:30 PM Free
Blossom Room

Carnation Feud

Comedy takes control of the podium! Join us for a game show type atmosphere with Judy and mystery guests at the Center's "Carnation Feud," similar to the game show "Family Feud." Come see some of our "All Stars" return to take on new opponents.

47932 F 7/25 10-11:30 AM Free/\$5
Card Room

Seniors

Custom Cards *New*

Create an adorable folder to hold four unique cards. Use rubber stamps, paper punches, coordinating ink, paper, ribbon, embossing folders and other paper crafting techniques. You'll receive step-by-step instructions and tips from an experienced paper art teacher. No prior experience necessary. All skill levels welcome. Supplies provided.

Note: \$25 fee payable to instructor at class.

47574 Tu 7/29 1-3:30 PM \$4/\$6/\$9
Arts and Crafts Room

Digital Photos *New*

Explore options for converting paper photos to digital (scanning), sharing and saving photos, printing, making photo memory books and calendars using online services. Learn how to use the editing tools (cropping, red eye removal, etc.) that come with many apps and devices.

47868 W 7/23 & 7/30 10:30 AM-12 PM \$30/\$35/\$40
Blossom Room

Downsizing *New*

Are there entire portions of your home that you no longer live in but you heat, clutter and ignore? Learn how to unload unnecessary possessions and convert your items into manageable resources. The result will be a balanced, comfortable home. Presented by Eric Stewart, realtor.

47857 Th 7/10 1-2 PM Free
Azalea Room

Emergency Preparedness *New*

Join Police Chief Terry Treschuk for a power point presentation on emergency preparedness. Our police department is charged with protecting and promoting community safety. This timely and important presentation will help us plan for emergency situations.

47853 Tu 7/8 1-2 PM Free/\$5
Card Room



Fire Safety Lasts a Lifetime *New*

Bill Delaney, Program Manager - Community Safety Education and Social Media, Office of the Fire Chief, will discuss fire risks and safety precautions for older adults. Do you have a smoke alarm and a carbon monoxide detector? Learn what you can do to ensure your home is safe.

47833 W 9/10 1-2 PM Free
Azalea Room

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and role in American life.

Mary Todd Lincoln

Mary loved dance, music, theater and drama. She spoke French fluently and was known for her sparkling personality and explosive temper. Stories flew throughout Washington about her spending sprees. Yet, she was beset with personal tragedies that sent her over the edge. How did this vivacious, bubbly southern belle turn into a paranoid individual who was institutionalized by her only living son?

47291 M 7/21 10:15-11:15 AM \$5/\$7/\$10

Eliza McCardle Johnson

This lovely future First Lady set eyes on her future husband from the campus of Rhea Academy at age 15. Eliza was tall, good looking and well educated by the standards of the day. She became her husband's tutor and educator. Eliza was seen twice as the White House hostess. As most often this responsibility rested on their daughter, Martha Patterson. Why was Eliza confined to bed? What role did she play in the education of a President?

47292 M 8/11 10:15-11:15 AM \$5/\$7/\$10
Card Room

French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

47965 Tu & Th 7/15-8/21 1-3 PM \$40/\$45/\$50
Sunroom

Seniors

Julia Child - Queen of Cuisine *New*

Anyone who enjoys ethnic cooking or fine dining can thank Julia Child for opening up America's kitchens and minds. Her popularization of French cooking through books and television began a food revolution that carries on today. She was a tremendous scholar, teacher and innovator whose joie de vivre captured the hearts of all who encountered her. This show pays tribute to the incredible energy, passion and sense of playfulness of Julia Child. Come meet Julia through actress, Mary Ann Jung from History Alive! Enjoy a Carmen's treat afterwards.

47854 Tu 8/12 1-3 PM \$6/\$8/\$10
Carnation Room

Latin Jazz With Jesse *New*

The diverse rhythms and motifs of Latin America have enriched jazz and have inspired jazz superstars like Dizzy Gillespie and Stan Getz. Listen to some of this great music from both studio and live recordings. Jesse will also provide a commentary on the origins of these gems.

47276 W 6/25 1:15-2:30 PM \$2/\$4/\$6
Azalea Room

Learn SUDOKU *New*

It's addictive! It's fun! SUDOKU is an entertaining game and once you learn some simple rules, you'll be able to complete a puzzle and be hooked. It doesn't involve math, just the ability to distinguish numbers 1 through 9.

47836 W 6/18 10:30-11:30 AM Free/\$4
47837 W 7/16 10:30-11:30 AM Free/\$4
47838 W 8/20 10:30-11:30 AM Free/\$4
Azalea Room



Music with Murray

A classical music program presented by Murray Stein. A summer highlight!

Music from Fantasia 1940

The incredible mix of Disney cartoons with the sounds of the masters, was responsible for the first exposure of millions to the beauty of classical music. To this day, seniors who hear "The Sorcerer's Apprentice" immediately recall Mickey Mouse's misadventures from more than 70 years ago. Do you remember the other selections? If you come to this special program you will hear them in the grand acoustics of the Azalea Room.

47486 W 6/18 1-2:30 PM Free/\$5

Theme Songs from Old Time Radio

Disney may have gotten the idea for Fantasia from the dozens of programs using classical music for their theme songs in the '30's. "The William Tell Overture" was jokingly called the overture to the Lone Ranger. Most of the popular programs like The Shadow, The Green Hornet, Buck Rogers and more, all had classical themes. Today's selections will help you recall many of those wonderful programs from yesteryear.

47487 W 7/16 1-2:30 PM Free/\$5

Theme Songs from Television

With the advent of TV, many of the successful radio shows were reborn, but still used their old theme songs. One cowboy show stayed with its original theme, but introduced dramatic music from other composers. A total of 49 different pieces by Schubert, Bizet, Berlioz, Beethoven, Liszt, J. Strauss, Mendelssohn, Rossini, St. Saens, Weber, Wagner, Tchaikovsky and more. The mystery show will be revealed during class. You'll also hear the themes from Masterpiece Theater, Philip Morris and Alfred Hitchcock.

47488 W 8/20 1-2:30 PM Free/\$5
Azalea Room/Stein

Seniors

Organizing for a Better Life

Join us the second Tuesday of each month to share tips and support each other as we organize and de-clutter our homes. This is an informal drop-in group and all are welcome. Facilitated by Sarah Edmunds, counselor.

47863 Tu 7/8-9/9 1-2:30 PM Free/\$4
Health Room

Personalize Estate Planning *New*

Estate planning requires just that - planning. Personalized planning for disability, end-of-life and succession is a vital lifelong process. This presentation will focus on how each individual can ensure that their estate plan captures their individual needs, goals and decisions as they envision their overall life plan. Attorney Adam Abramowitz will discuss basic principles of estate planning, as well as recent changes to the law.

47945 W 8/6 1-2:30 PM Free
Azalea Room

Paris: History through Art *New*

Art often offers an insight into history. In the mid-19th century, Napoleon III commissioned a redesign of the streets and neighborhoods of Paris, destroying the medieval city, along with hundreds of years of history and architecture. Impressionist painters found new subjects in street scenes on the new broad avenues. What was lost of Paris history, what was gained? Presented by Judith Feldman, PhD.

47825 Tu 7/15 1-2 PM \$5/\$8/\$10
Azalea Room



Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.



Abraham Lincoln

This unpretentious plain man with the ready wit, inherits a fractured nation. How could a person with one year of a formal education, quote from memory large passages from Macbeth and Hamlet. How a man plagued by personal tragedy could lead a nation so torn and splintered is a marvel to historians and average Americans. His love of theatre turns out to be his tragic flaw. Who was Abraham Lincoln and what was driving this man who is an American symbol of strength and stability?

47294 M 7/14 10:15-11:15 AM \$5/\$7/\$10

Andrew Johnson

This President was a wanted man at age 16. He belonged to no church and had no formal education. Yet, against all odds, he was a State Senator, United States Congressman and Governor of Tennessee. This President was confronted with the agonizing tasks of reuniting and reconstructing a fragmented country after the assassination of President Lincoln. Simple and direct, this reserved southern man was shunned by Washington society and continued to work for the good of the whole country.

47295 M 8/4 10:15-11:15 AM \$5/\$7/\$10
Card Room

Seniors

Positive Aging

Discuss issues related to aging such as coping with loss, healthy relationships, taking care of ourselves while dealing with loneliness and planning for the future. Group meets first and third Tuesday of the month. Facilitated by Sarah Edmunds, counselor.

47865 Tu 7/1-9/16 1-2:30 PM Free
Board Room

Protect Your Identity and Assets *New*

Our identities and assets, including Social Security income and tax refunds, could be at risk in this age of technology. Learn what happens when your identity is stolen and how to protect yourself. What can you do to minimize the chances of identity theft? Lois Fishman, certified financial planner, will discuss these issues.

47859 W 7/30 10-11 AM Free
Azalea Room

Redskin Kickoff Countdown *New*

Mike Richman is the king of Redskins history, stats and trivia. A journalist who has covered sports for a quarter-century, Mike is the author of numerous articles and two of the most comprehensive books on the Redskins. He will review momentous occasions (good and bad), rivalries and trends and team culture as well as his forecast for the 2014 season.

47835 W 8/13 10-11:30 AM \$5/\$8/\$10
Azalea Room

Romance, Mystery and Politics *New*

Rockville's Steve Piacente, an award-winning author, former journalist, university professor and current creative director at a Washington, D.C. PR firm, will discuss his novels, "Bella" and "Bootlicker." "Bella" explores the relationship between a young widow and the reporter she enlists to help reveal the truth after learning the military lied about her husband being killed in battle. "Bootlicker" is a political tale of guilt, hope and redemption that features the same reporter as a younger man.

47278 Th 6/26 11:15 AM-12:15 PM Free/\$5
Board Room

Summer Flowers in Watercolor *New*

Capture summer flowers using watercolor on different surfaces such as Japanese Masa Paper, Gesso prepared paper and other surfaces. Participants will learn different textural techniques, discuss color selection and composition in order to create more interesting paintings.

47242 Th 7/10-7/31 1-3 PM \$50/\$62/\$75
Blossom Room/Fry

Summer Safety *New*

This lecture, presented by Bozena Skraban, Community Health Education Coordinator, Adventist Healthcare, will cover topics such as hydration, nutrition, sun exposure, symptoms and basic first aid for heat stroke, heat exhaustion, stroke and heart attack. Compression only CPR will be demonstrated.

47828 Tu 7/1 1-2:20 PM Free
Azalea Room

Rodgers, Hart and Hammerstein *New*

The partnerships of Richard Rodgers with lyricists Lorenz Hart and Oscar Hammerstein II produced some of America's most beloved musicals such as "Oklahoma," "The King and I," "South Pacific" and "The Sound of Music." Irv Chamberlain will play the hits from these shows and others during this four part series. These superb artists will perform: Sinatra, Garland, Ezio Pinza, Bennett, Gordon MacRae, Julie Andrews, Como and many more.

47275 M 7/21-8/11 1-2:30 PM \$8/\$10/\$12
Azalea Room



Seniors



The British Invasion *New*

On Feb. 7, 1964 the music scene was forever changed. Do you remember what you were doing the day the fab four touched down at Kennedy Airport? The Beatles started a movement, Ed Sullivan gave them a forum and life was not the same! Their first live performance was in DC. Now decades later, Paul and Ringo wowed the country at this year's Grammys. How did this group gain momentum? What makes Paul and Ringo all the rage 50 years later? Join Professor Joan Adams as we explore these music legends.

47270 W 6/25 7-8 PM \$3/\$5/\$6
Card Room

Transitions *New*

Are you experiencing a major life change? Perhaps you have made a move, lost a spouse or loved one, or had a change in your physical health. This monthly group will give you an opportunity to explore and share how to manage and adapt to major life changes. The class, led by Counselor Sarah Edmunds, meets June 26, July 31 and August 28.

47866 Th 6/26-8/28 11 AM-12 PM Free/\$4
Arts and Crafts Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

47944 Tu 8/5 7-9 PM Free
Carnation Room

What's It Worth?

Bring your antiques and Peenstra Antiques Appraisals and Nova Gold LLC will offer free appraisals and advice. Who knows, you could have a real treasure on your hands. Register in advance by July 25 and list your ONE item. The first 25 registrants will have their items evaluated and the audience will get to listen in! You may bring paintings, toys, jewelry, silver, porcelain, coins, furniture and documents.

47277 Tu 8/5 10:30 AM-12:30 PM Free/\$5
Azalea Room

Wise Real Estate Decisions

Take the stress out of deciding whether or not to sell your home. What are the considerations? If you choose to sell, learn how to prepare your home for sale at the best price and whether to sell your home yourself, with a discount broker, or with a full service broker.

47855 Tu 8/12 10-11:30 AM Free
Blossom Room

Women Living Alone

If you are a woman living alone, join us for this group. We will meet the first Thursday of each month to share experiences and discuss strategies for improving the quality of our lives. Facilitated by Sarah Edmunds, counselor.

47864 Th 7/3-9/4 1-2:30 PM Free/\$4
Blossom Room



Seniors

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Backing Up Your Computer Windows 7 and 8

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

47970	Tu	8/26	10 AM-12 PM	\$7/\$9/\$13
Computer Lab/Hickman				

(B) Computer Basics II

This class will teach you about control panel components, monitor settings, shortcuts and more. Customize your desktop and your start menu. Create a variety of different shortcuts and move to different locations in your computer. Learn about safe mode and how to create wallpaper.

47971	Th	7/10	10 AM-12 PM	\$6/\$8/\$11
47972	Tu	8/5	10 AM-12 PM	\$6/\$8/\$11
Computer Lab/Hickman				

(B) Computer Basics III

This sequel to Computer Basics II will teach you how to install and uninstall software, view your memory and determine the size of your hard drive. You will be taught how to check your computer drives and will learn what to do when the Internet does not connect.

47974	Th	7/17	1-3 PM	\$6/\$8/\$11
47975	W	8/13	1-3 PM	\$6/\$8/\$11
Computer Lab/Hickman				

Looking for help to practice or enhance your computer skills?

Drop in the Computer Lab.

Thursdays, 3-4 p.m. or Fridays, 10 a.m.-Noon.

Volunteers will assist you.

FREE

Members only. No appointment needed.

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

47967	W	7/2	10 AM-12 PM	\$5/\$7/\$10
47968	W	8/6	10 AM-12 PM	\$5/\$7/\$10
47969	W	9/3	10 AM-12 PM	\$5/\$7/\$10

Computer Lab/Hickman

(B, I) Burners

Create a DVD from a VHS tape, copy your DVDs for backup, edit videos from your camcorder, duplicate a CD, make a CD from a cassette tape, all with minimal equipment. Note: \$5 material fee payable to instructor at first class.

47962	Tu	7/22	10 AM-12 PM	\$8/\$10/\$14
Computer Lab/Bender				

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

47961	Th	9/4	10 AM-12 PM	\$8/\$10/\$14
Computer Lab/Bender				

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Identify the signs and symptoms of malicious software.

47934	Th	9/4	1-3 PM	\$9/\$11/\$15
Computer Lab/Hickman				

(BI) Speech Recognition

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

47935	Tu	7/8	1-3 PM	\$9/\$11/\$15
Computer Lab/Hickman				

Seniors

(BI) Getting to Know Your iPad *New*

This is an easy intro to the basics of iPad navigation. Settings, common icons, surfing the web and hidden shortcuts will be explored. Learn how to use the apps that come with the iPad and discover new ones for photos, music, radio, history, video chatting, etc. at the App store. Students must bring their own iPads to use in class.

47867 W 7/9 & 7/16 10:30 AM-12 PM \$30/\$35/\$40
Blossom Room

(I) e-Bay and Craig's List

Everyone has "junkie" in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the Internet. Note: \$10 manual fee payable to instructor at first class.

47963 Th 7/24-8/7 10 AM-12 PM \$39/\$48/\$59
Computer Lab/Bender

(I) Laptops - Windows 7 *New*

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features.

47956 Tu & Th 7/15 & 7/17 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Laptops - Windows 8 *New*

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features.

47959 M & W 8/11 & 8/13 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Handouts included.

47936 M & W 7/7 & 7/9 1-3 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Microsoft Excel 2010

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 material fee payable to instructor at first class.

47937 M & W 7/14-7/21 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Word 2010 *New*

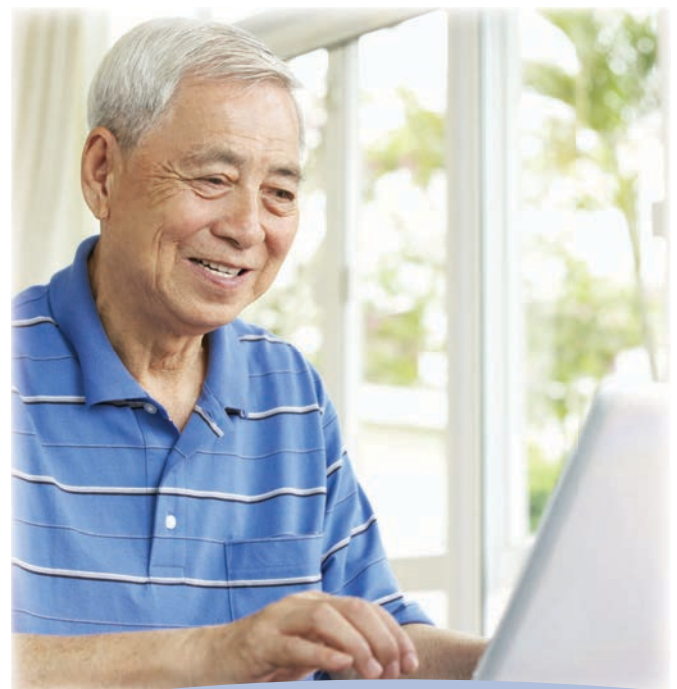
Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

47941 M & W 8/4-8/11 1-3 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Options Trading *New*

Compared to buying and selling stocks, options are new to the financial neighborhood. We'll learn about options and how this form of trading can be used to supplement or supplant investments. This program is meant to convey an understanding of option manipulation and will not be used to give options investment advice.

47964 Tu & Th 8/12-8/21 10 AM-12 PM \$36/\$46/\$52
Computer Lab/Bender



Seniors

(I) PowerPoint 2010 *New*

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 material fee payable to instructor at the first class.

47942 M & W 8/18-8/25 1-3 PM \$31/\$38/\$46
Computer Lab/Hickman

(I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

47943 W 9/3 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

(I) Twitter - World's Fastest News Source

Twitter is an online social networking service that enables users to send and read text-based posts of up to 140 characters, informally known as tweets. Come learn how you can use this messaging tool as a new form of communication.

47966 W 8/27 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Windows 7: Level 1

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor settings and power settings. Have questions about security? Protecting your computer is easy with Windows 7.

47954 M & W 7/21-7/28 1-3 PM \$29/\$36/\$44
Computer Lab/Hickman

(I) Windows 7: Level 2

You have picked up the basic features of Windows 7, now learn about more advanced tools such as auto-arranging your desktop, using sticky notes and the gadget feature and more.

47955 M & W 8/18-8/25 10 AM-12 PM \$27/\$31/\$42
Computer Lab/Hickman

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Afternoon Tone and Stretch

This class concentrates on your muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants will use exercise tubes, weights, stability balls and mats.

47296 W 6/25-8/20 2:15-3:15 PM \$30/\$37/\$45
Exercise Room/Owen

All Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? Come preview many classes that will be offered this fall. We'll have several free, 25-minute demos offered throughout the day. Try as many as you would like.

47886 W 9/3 10 AM-2 PM Free
Exercise Room

Aromatherapy and Pain Reduction *New*

Aromatherapy and essential oils can help with issues of pain and stress. Learn about this ancient therapy for mind, body and spirit. Did you know that lavender essential oil can help to heal a burn injury as well as address problems with insomnia and high blood pressure? Presented by Adrienne Hauseman, masters apprenticeship in aromatherapy. Certified in holistic nutrition, Reiki II and Indian Champissage.

47831 Tu 6/24 1-2:30 PM Free
Azalea Room

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

47297 Tu & Th 6/24-8/21 1-2 PM \$50/\$62/\$75
Exercise Room, #1/Owen

Seniors



Basic Ballroom Dance

Learn the basics of ballroom dancing. This class is designed for students with no previous ballroom experience. Learn proper dance position, how to lead and follow. No partner is needed.

47871 W 6/25-8/20 3:30-4:30 PM \$35/\$44/\$52
Exercise Room/Riggs

Cardio Motion

Try this great new program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout.

47872 M & W 6/23-8/20 1-2 PM \$45/\$54/\$65
Exercise Room/Riggs

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

47301 F 6/27-8/29 1:30-2:30 PM \$27/\$34/\$40
Exercise Room, #2 /Owen

Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This seated program, performed to music, is for men and women. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and to promote better circulation.

47302 M & W 6/23-8/20 11 AM-12 PM \$45/\$56/\$67
Exercise Room /Ramsey

Chair Yoga

This class is designed for participants who cannot meet the demands of a physically straining exercise class. Done seated, modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance issues. No previous experience necessary.

47303 Th 6/26-8/21 10-10:50 AM \$47/\$59/\$70
Exercise Room, #2/Figure

Chair Zumba

This class allows the participant to enjoy all of the Zumba dance moves while seated. Combine upper and lower body movements, and give the body a total workout while listening to great music.

47873 M 6/23-8/18 2:15-3:15 PM \$40/\$50/\$60
Blossom Room/Riggs

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements that allow Zumba participants to dance away their worries. Great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

47304 M 6/23-8/11 10-10:50 AM \$30/\$37/\$45
Exercise Room/TBA

Questions about your workout?

Ask the Trainer!

Call for a free
15-minute
appointment
or stop by
the Fitness
Room Desk.

(Fitness Members Only)

240-314-8813



Seniors

Fitness Club

Interested in becoming a Fitness Club member? Join our "state of the art" fitness room. Basic equipment training is required for new members for a one-time fee of \$10. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The fitness membership fee is \$75 annually.

Basic Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk.

47305 M & W 8/11-10/1 8 AM-6 PM \$10

Exercise Machine Training - Plus

For those individuals who would like more than the required basic training, this training is done by a certified personal trainer. Receive an exercise plan designed specifically for your individual needs.

47306 M & W 8/11-10/1 8 AM-6 PM \$30
Fitness Room/TBA

Forever Fit

This is a great class for seniors just beginning an exercise routine. Receive a total body workout that combines cardio exercise, strength training and flexibility.

47874 Tu & Th 6/24-8/21 10-10:50 AM \$55/\$69/\$81
Exercise Room/Maguire

Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk more than one mile each class.

47308 Tu & Th 6/24-8/21 12:25-12:55 PM \$22/\$27/\$33
Exercise Room/Owen

Kettle Bell Training *New*

Looking to incorporate some variety into your workout? Try this new class using the kettlebell for a higher energy, uptempo style workout for the active senior. Kettle bells will be provided. Taught by a certified personal trainer.

47875 M 6/23-8/18 4-4:45 PM \$40/\$48/\$57
Exercise Room/Wilt

Know Your Hot Spots *New*

One of the most visible signs of aging is skin changes. Keeping your skin healthy is a lifelong process. Judith Handjicolao, Nurse Practitioner from the Dermatology Center and Rockledge Med Spa, will review common skin disorders among older adults, the importance of skin screenings and how to care for your skin.

47888 Th 7/24 1-2 PM Free
Azalea Room

Love Your Heart Everyday *New*

Join Suburban Hospital's Heart Well Nurse in discussing strategies to love our hearts every day. Recommendations for exercise, recipes and stress management will be included.

47832 Th 9/4 1-2 PM Free
Azalea Room

Life Trail Outdoor Fitness

Try this program as part of our outdoor fitness system, located near the rear parking lot. Outdoor workout includes a warm-up and functional fitness training. All muscles work together while isolating the core.

47310 Tu 6/10-7/15 9-9:30 AM \$15/\$17/\$20
Parking Lot/Biedscheid



Seniors

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. For Fitness Club members only. (Ongoing)

One - 1 Hour Session

47312 M & W 6/23-9/10 9 AM-4:50 PM \$45

Partner Training

47313 M & W 6/23-9/10 9 AM-4:50 PM \$70

Three - One Hour Sessions

47314 M & W 6/23-9/10 9 AM-4:50 PM \$120

Six - One Hour Sessions

47315 M & W 6/23-9/10 9 AM-4:50 PM \$235

Ten- One Hour Sessions

47316 M & W 6/23-9/10 9 AM-4:50 PM \$375
Fitness Room

Power Zumba Gold

Add some oomph to your workout with the Zumba fitness toning sticks. While using 1 lb. Zumba sticks, you can easily train certain muscles to work a little harder to the rhythm of the music. This great combination of strength training and cardio offers a total body workout.

47876 F 6/27-8/29 11 AM-12 PM \$30/\$37/\$45

47877 Th 6/26-8/21 5-6 PM \$30/\$37/\$45

Exercise Room/Riggs

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

47318 Tu & Th 6/24-8/21 11 AM-12 PM \$45/\$56/\$67

47879 W 6/25-8/20 6:15-7:15 PM \$25/\$32/\$38

Exercise Room/Klopfer/Smith

SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on the ancient dances of North Africa, the Middle East and Mediterranean. This low-impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture, muscle tone, weight loss and stress reduction.

47319 M 6/23-8/18 2:15-3:15 PM \$37/\$46/\$55
Exercise Room/Porter-Nelson

Senior Core Fusion

Condition your body and increase flexibility in this fusion class, which is a combination of yoga, Pilates and functional core training. Stability balls and mats will be used.

47880 Tu 6/24-8/19 4-4:45 PM \$40/\$48/\$57

47881 F 6/27-8/29 1:45-2:30 PM \$40/\$48/\$57

Exercise Room/ Biedscheid/Maguire

Ask the Wellness Coach!

*Let our coach check your
body fat composition.*

Ask questions related to nutrition,
diet and general health.

Call for your free 15-minute
appointment or stop by the
fitness room desk.

(Fitness Members Only)

240-314-8813



Seniors

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center. (Ongoing)

47321	M & W	7/7-9/10	1:30-2:15 PM	Free
47322	M & W	7/7-9/10	2:20-3:05 PM	Free

Carnation Room/Aehle

Senior Interval Training

Looking to increase your level of fitness? Combining strength training, cardio and core work, this class will challenge active seniors, increase energy, reduce stress and build confidence. Join this fun class for a great workout.

47323	F	6/27-8/29	3:30-4:30 PM	\$40/\$50/\$60
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Exercise Room/Maguire

Senior Pilates - Beginner

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided).

47324	W	6/25-8/20	2:15-3 PM	\$53/\$66/\$79
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Exercise Room, #2/Serrano-Gonzalez

47325	M	6/23-8/18	8:45-9:30 AM	\$53/\$66/\$79
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Thomas Farm CC/Ramsey

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

47326	Tu	6/24-8/19	2:15-3 PM	\$53/\$66/\$79
47327	Tu & Th	6/24-8/21	2:15-3 PM	\$95/\$119/\$142

Exercise Room/Klopper

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors.

47328	F	6/27-8/29	9-9:45 AM	\$35/\$44/\$52
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Thomas Farm CC/Ramsey

Senior Strength Training

Designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes.

47329	Tu & Th	6/24-8/21	9-9:45 AM	\$59/\$74/\$89
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Exercise Room/Ramsey

Senior Stretch and Relax

This class is designed to help increase your flexibility, restore your body's natural alignment and release tension and stress. Try this 30-minute class to help you relax the mind and body.

47330	W	6/25-8/20	12:15-12:45 PM	\$25/\$32/\$38
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Exercise Room/Maguire

Senior T'ai Chi Ch'uan - Beginner

Combine body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, this class offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only.

47331	Tu & Th	6/24-8/21	10-10:50 AM	\$8
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Carnation Room/Tuanmu



Seniors

Senior T'ai Chi Ch'uan - Intermediate

Participants should have a basic knowledge of T'ai Chi Ch'uan. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

47332 M 6/23-8/18 10-10:50 AM \$5
Carnation Room/Tuanmu

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels.

47333 W 6/25-8/20 5-6 PM \$40/\$50/\$60
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

47334 W & F 6/25-8/27 9:50-10:50 AM \$88/\$110/\$132
47335 M 6/23-8/18 6:15-7:15 PM \$50/\$63/\$75
Exercise Room/Figture

Spring into Summer

Put some spring into your step and join us on a 1 mile walk around the Woodley Gardens neighborhood and enjoy the beautiful blossoms. For those Seniors that would like to burn off some extra calories, join us for a second mile. Please bring a canned good to support our local food bank, or make a donation to our senior assistance fund. Rain date: June 20.

47887 Th 6/19 10-11:30 AM Free
Exercise Room/Klopfer



Stand Straighter - Live Longer *New*

Exercise is vital to maintaining an active lifestyle as you age, but did you know that good posture can help maintain your activity level longer, as well as provide pain relief? If your spine is out of alignment or you have a stooped or hunched posture, you might be at risk for back or neck pain, fatigue, headache or migraines, sleeping disorders and shoulder and or knee pain. Dr. Brian Paris, DC, will teach the benefits of good posture.

47834 Tu 9/16 1-2 PM Free
Azalea Room

Stop Shingles on the Spot

If you had chickenpox as a child, you are still at risk for shingles. This disease causes a painful rash that can last months or even years. The risk increases as a person gets older. We will host a shingles vaccine clinic and Q & A session. Vaccinations will be administered by nurses from MedStar Visiting Nurse Assoc. and should be covered under Medicare Part D and selected commercial insurances. Bring your prescription cards. Co-payments averaging \$6 to \$95 may apply.

47829 Tu 7/8 1-4 PM Free
Azalea Room

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 28 years.

47830 M 6/16-8/18 1-2 PM \$30/\$35/\$40
Blossom Room

Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register at the front desk for an appointment. Bring a towel, wear long pants and socks. Must be a Fitness Club member.

47340 F 6/27-8/22 3-4:30 PM Free
Fitness Room/Maguire

Seniors

Total Conditioning Workout

This strength building, non-cardio fitness class is for men and women. Workouts are designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels.

47341	M	6/23-8/18	9-9:45 AM	\$40/\$48/\$57
47342	F	6/27-8/29	12:30-1:15 PM	\$40/\$48/\$57

Exercise Room/Klopfer

Understanding Your Pain

This program will uncover the reasons behind many common conditions, including causes of neck and back pain. See how you can control your pain and enhance your quality of life without surgery. Presented by Dr. Moshin Sheikh, Founder and Medical Director, Pain and Spine, and Rehab Associates.

47827	Th	6/12	1-2:30 PM	Free
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Azalea Room

Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair, and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period.

47882	Tu & Th	6/24-8/21	1-2 PM	\$65/\$81/\$98
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Exercise Room, #2/Maguire

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

47345	W	6/25-8/20	8:45-9:30 AM	\$45/\$56/\$67
47883	F	6/27-8/29	8:45-9:30 AM	\$45/\$56/\$67

Exercise Room/Maguire

Your 50's and Beyond

Is it possible to remain independent, healthy, vital and happy as you age? Are you unsure of what medical tests you should have and when? Join internist, Dr. Aruna Nathan, for a discussion on the importance of preventive medicine.

47889	Th	8/28	1-2 PM	Free
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Azalea Room

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total body workout.

47346	M	6/23-8/18	5-6 PM	\$30/\$37/\$45
47347	Tu	6/24-8/19	5:45-6:45 PM	\$30/\$37/\$45
47348	Sa	6/28-8/23	10 AM-11 PM	\$30/\$37/\$45

Exercise Room/TBA

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Bocce Ball Tournament

Enjoy an entertaining, fun and social morning. Our tournament is open to everyone.

47299	Tu	7/29	9:30-11 AM	Free
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Bocce Ball Court/Neale

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes.

47339	M	6/23-7/28	1-2 PM	\$25/\$31/\$37
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Game Room

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination.

47338	W	6/25-7/30	1-2 PM	\$25/\$31/\$37
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Game Room



Seniors

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

47337 F 6/27-8/8 1-2 PM \$25/\$31/\$37
Game Room

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

47343 F 6/27-8/29 10 AM-12 PM Free
Azalea Room



Rockville Senior Center
FITNESS CENTER
It's the best time to be a
senior in Rockville!

Open:
7 a.m. – 7 p.m. Monday-Friday
7 a.m. – 3 p.m. Saturday

www.rockvillemd.gov/seniorcenter
240-314-8800

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the front desk. For members only.

47298 Tu & Th 7/1-10/9 10-11 AM Free
Bocce Ball Court/Neale

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.-7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 4:50 p.m. and Saturday, 8:30 a.m - 12:50 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesdays, 9-10 a.m. For members only.

47307 M-Sa 6/9-9/6 8:30 AM-7 PM Free
Game Room

Senior Duffers

Enjoy the 2014 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available.

47320 M 6/23-10/20 7:30 AM-1 PM \$6/\$7/\$9
TBA/Reamy

Seniors

TRIP REGISTRATION

In-Person Lottery

Tuesday, May 20, 10:30 a.m.

Senior Center Members and Residents
Numbers distributed random order, 10:15 a.m.



Friday, May 23

Nonresidents and Nonmembers
Registrations accepted at Senior Center only

Degas, Cassatt and

"The Monuments Men" *New*

We have our own private docent from the National Gallery, Nancy Keefe, who will ride with us on the bus downtown and give us an introduction to work currently on display at the National Gallery of Art. "The Monuments Men and the National Gallery of Art: Behind the History," is an archival display featuring World War II-era photographs, documents and memorabilia, many never before exhibited. The display will demonstrate the seminal role the NGA played in the creation of the Monuments, Fine Arts and Archives (MFAA) program and the experiences of real-life MFAA officers. Secondly, we will look at Edgar Degas's influence upon Mary Cassatt in a special exhibition of some 70 works with a focus on the critical period from the late 1870's through the mid 1880's. This exhibition examines the fascinating artistic dialogue that developed between the two. Lunch is on your own at the Gallery cafe. Trip includes charter bus transportation, docent tour and leadership.

47274 Tu 6/17 9 AM-3 PM \$30/\$38/\$44
Departs: Glenview Mansion



"The Lion King" - Kennedy Center *New*

Winner of six Tony awards including Best Musical, Disney's "Lion King," with direction and costumes by Julie Taymor, comes to the Kennedy Center. The show is full of brilliant design, imaginative puppetry, rhythms and athletic dance. The score by Elton John and Tim Rice brings the African Pridelands to life with the "Circle of Life" and many more great songs. Trip includes rear orchestra seats, leadership and charter bus transportation. Dinner on your own in the KC Cafe.

47272 W 7/9 4:45-11:45 PM \$104/\$129/\$149
Departs: Glenview Mansion

"The Foreigner" - Totem Pole *New*

Join us for a trip through the beautiful Pennsylvania countryside as we head to Hickory Bridge Farm Restaurant for a family style lunch. After lunch, attend a performance of "The Foreigner" at the Totem Pole in Caledonia State Park. This show is a hilarious romp where the good guys win. Ken Jenkins from "Scrubs" and Jill Larson from "All My Children" are cast to lead this comedy as secrets, scandals and mistaken identity cause an uproar. Trip includes: lunch, leadership, charter bus transportation and show.

47273 Tu 7/22 10:30 AM-7:30 PM \$86/\$108/\$124
Departs: Glenview Mansion

Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our Annual Crab Feast at Fisherman's Crab Deck. Enjoy the breezes along the water's edge and have an all-you-can-eat crab experience. Trip includes leadership, charter bus transportation and lunch.

47279 Th 8/7 10:30 AM-4:30 PM \$72/\$89/\$116
Departs: Glenview Mansion

Seniors

Concert Under the Stars

Rockville Swing Band

Tuesday, Sept. 9
7-8:30 p.m.
Rockville Senior Center

Free Concert

Sponsored by the
Senior Citizens Commission

www.rockvillemd.gov/seniorcenter
240-314-8800

INTERNATIONAL DAY

A Celebration of Cultures

Friday, June 13
10:30 a.m.-Noon

- Displays
- Costumes
- Tastings
- Dance demonstrations

Rockville Senior Center

Rockville Senior Center

HEALTH FAIR



Wednesday, May 28
11 a.m. - 1:30 p.m.

FREE

Health screenings
healthy snacks and more!!

Save the date...

Montgomery County World Elder Abuse Awareness Day for Senior Safety

June 11, 2014

Rockville Senior Center

1150 Carnation Drive, Rockville
10 a.m. – Noon

Holiday Park Senior Center

3950 Ferrara Drive, Wheaton
1-3 p.m.

Call 240-777-1131 for additional information.

Seniors

Cilantro Lime Quinoa



- 2 cups chicken stock
- 1 cup quinoa
- 1 large lime, zested and juiced (or 2 small)
- 2 cloves garlic, minced
- 1 tbs. butter
- 1 pinch of crushed red pepper
- large handful of fresh cilantro, chopped
- 1 can of black beans (rinsed and drained)
- Salt and pepper to taste

Cook quinoa with the chicken stock according to directions on the package. Combine the remaining ingredients, except the black beans and set aside. After the quinoa is cooked, mix all ingredients together in a large serving bowl and toss. Delicious hot or cold.

IN THE NEXT ISSUE...

Swing into fall in the City of Rockville with an outdoor concert by the **Rockville Swing Band** "Under the Stars" at the Senior Center!



Rockville Swing Band



53rd Annual Classic Car Show



39th Annual Rockville 10K/5K

Tradition continues at Rockville Civic Center Park with the **53rd Antique and Classic Car Show** on October 18th. (Raindate: Oct. 25)

Why not get out your jog togs and join your neighbors at the **39th Annual Rockville 10K/5K** on November 2nd. Enjoy the colors as you run through the King Farm/Rockville area.

There is always something rocking in Rockville!

Aquatics

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**No Classes Memorial Day Weekend
May 24-26**

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Passholders

Friday, May 9, 8:30 a.m.

Swim Center Non-Passholders

Thursday, May 15, 8:30 a.m.

No Classes July 4-6

Registration Deadline

One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership, for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:
Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:
Swimming Lessons
240-314-8759

Check Out Our Fitness Room

Featuring:

- Rowing Machines
- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750

www.rockvillemd.gov/swimcenter



Aquatics

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 months			M/NM
47614	F	6/20-8/8	10-10:30 AM \$62/\$78
47615	Sa	6/21-8/9	10:55-11:25 AM \$62/\$78
47616	Su	6/22-8/10	10:15-10:45 AM \$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18-36 months			M/NM
47617	M & W	6/16-7/9	3-3:30 PM \$71/\$89
47618	Tu & Th	6/17-7/10	9:30-10 AM \$71/\$89
47619	Sa	6/21-8/9	8:30-9 AM \$62/\$78
47620	Sa	6/21-8/9	10:10-10:40 AM \$62/\$78
47621	Su	6/22-8/10	9:40-10:10 AM \$62/\$78
47624	Su	6/22-8/10	11:25 -11:55 AM \$62/\$78
47622	M-Th	7/14-7/24	4:30-5 PM \$71/\$89
47623	Tu & Th	7/15-8/7	9:30-10 AM \$71/\$89

Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5			M/NM
47602	Tu & Th	6/17-7/10	3-3:30 PM \$71/\$89
47607	Sa	6/21-8/9	9:05-9:35 AM \$62/\$78
47608	Sa	6/21-8/9	11:30 AM-12 PM \$62/\$78
47609	Su	6/22-8/10	9:05-9:35 AM \$62/\$78
47610	Su	6/22-8/10	10:50-11:20 AM \$62/\$78



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

47603	M-Th	6/30-7/10	4-4:30 PM	\$71/\$89
47604	M-Th	7/14-7/24	4-4:30 PM	\$71/\$89
47605	M & W	7/14-8/6	3-3:30 PM	\$71/\$89
47606	Tu & Th	7/15-8/7	3-3:30 PM	\$71/\$89

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5			M/NM
47611	Sa	6/21-8/9	9:40-10:10 AM \$62/\$78
47612	Su	6/22-8/10	8:30-9 AM \$62/\$78
47613	M-Th	6/30-7/10	4:30-5 PM \$71/\$89

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6			M/NM
47635	Sa	6/21-8/9	11:15-11:55 AM \$67/\$84
47636	Su	6/22-8/10	9:45-10:25 AM \$67/\$84

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Floater 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6			M/NM
47637	M-Th	6/16-6/26	9-9:40 AM \$77/\$96
47638	M-Th	6/16-6/26	9:45-10:25 AM \$77/\$96
47639	M-Th	6/16-6/26	3:40-4:15 PM \$77/\$96

Aquatics

47640	M-Th	6/16-6/26	4:20-4:55 PM	\$77/\$96
47658	M-Th	6/16-6/26	7:35-8:10 PM	\$77/\$96
47657	Sa	6/21-8/9	11:15-11:55 AM	\$67/\$84
47663	Sa	6/21-8/9	9-9:40 AM	\$67/\$84
47664	Sa	6/21-8/9	9:45-10:25 AM	\$67/\$84
47665	Sa	6/21-8/9	10:30-11:10 AM	\$67/\$84
47641	Su	6/22-8/10	9-9:40 AM	\$67/\$84
47642	Su	6/22-8/10	10:30-11:10 AM	\$67/\$84
47656	Su	6/22-8/10	11:15-11:55 AM	\$67/\$84
47662	Su	6/22-8/10	12-12:40 PM	\$67/\$84
47643	M-Th	6/30-7/10	9-9:40 AM	\$77/\$96
47644	M-Th	6/30-7/10	9:45-10:25 AM	\$77/\$96
47645	M-Th	6/30-7/10	3:40-4:15 PM	\$77/\$96
47646	M-Th	6/30-7/10	4:20-4:55 PM	\$77/\$96
47659	M-Th	6/30-7/10	7:35-8:10 PM	\$77/\$96
47666	M-Th	6/30-7/10	8:15-8:55 PM	\$77/\$96
47667	M-Th	6/30-7/10	3-3:35 PM	\$77/\$96
47647	M-Th	7/14-7/24	9:45-10:25 AM	\$77/\$96
47648	M-Th	7/14-7/24	3:40-4:15 PM	\$77/\$96
47649	M-Th	7/14-7/24	4:20-4:55 PM	\$77/\$96
47654	M-Th	7/14-7/24	9-9:40 AM	\$77/\$96
47655	M-Th	7/14-7/24	3-3:35 PM	\$77/\$96
47661	M-Th	7/14-7/24	7:35-8:10 PM	\$77/\$96
47650	M-Th	7/28-8/7	9-9:40 AM	\$77/\$96
47651	M-Th	7/28-8/7	9:45-10:25 AM	\$77/\$96
47652	M-Th	7/28-8/7	3:40-4:15 PM	\$77/\$96
47653	M-Th	7/28-8/7	4:20-4:55 PM	\$77/\$96
47660	M-Th	7/28-8/7	7:35-8:10 PM	\$77/\$96
47668	M-Th	7/28-8/7	3-3:35 PM	\$77/\$96
47669	M-Th	7/28-8/7	8:15-8:55 PM	\$77/\$96

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6				M/NM
47670	M-Th	6/16-6/26	9-9:40 AM	\$77/\$96
47671	M-Th	6/16-6/26	9:45-10:25 AM	\$77/\$96
47672	M-Th	6/16-6/26	3:40-4:15 PM	\$77/\$96
47673	M-Th	6/16-6/26	4:20-4:55 PM	\$77/\$96
47688	Sa	6/21-8/9	9-9:40 AM	\$67/\$84
47674	Su	6/22-8/10	9:45-10:25 AM	\$67/\$84
47675	Su	6/22-8/10	10:30-11:10 AM	\$67/\$84
47676	M-Th	6/30-7/10	9-9:40 AM	\$77/\$96
47677	M-Th	6/30-7/10	9:45-10:25 AM	\$77/\$96
47678	M-Th	6/30-7/10	3:40-4:15 PM	\$77/\$96
47679	M-Th	6/30-7/10	4:20-4:55 PM	\$77/\$96
47680	M-Th	7/14-7/24	9-9:40 AM	\$77/\$96
47681	M-Th	7/14-7/24	9:45-10:25 AM	\$77/\$96

47682	M-Th	7/14-7/24	3:40-4:15 PM	\$77/\$96
47683	M-Th	7/14-7/24	4:20-4:55 PM	\$77/\$96
47684	M-Th	7/28-8/7	9-9:40 AM	\$77/\$96
47685	M-Th	7/28-8/7	9:45-10:25 AM	\$77/\$96
47686	M-Th	7/28-8/7	3:40-4:15 PM	\$77/\$96
47687	M-Th	7/28-8/7	4:20-4:55 PM	\$77/\$96

Strokers I

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-6				M/NM
47700	M-Th	6/16-6/26	4:20-4:55 PM	\$77/\$96
47701	Su	6/22-8/10	9:45-10:25 AM	\$67/\$84
47708	Su	6/22-8/10	11:15-11:55 AM	\$67/\$84
47702	M-Th	6/30-7/10	9:45-10:25 AM	\$77/\$96
47703	M-Th	6/30-7/10	3:40-4:15 PM	\$77/\$96
47704	M-Th	7/14-7/24	9-9:40 AM	\$77/\$96
47705	M-Th	7/14-7/24	3:40-4:15 PM	\$77/\$96
47706	M-Th	7/28-8/7	9:45-10:25 AM	\$77/\$96
47707	M-Th	7/28-8/7	3:40-4:15 PM	\$77/\$96

Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Age: 4-6				M/NM
47709	M-Th	6/16-6/26	3:40-4:15 PM	\$77/\$96
47713	Sa	6/21-8/9	9-9:40 AM	\$67/\$84
47714	Su	6/22-8/10	11:15-11:55 AM	\$67/\$84
47710	M-Th	6/30-7/10	3:40-4:15 PM	\$77/\$96
47711	M-Th	7/14-7/24	9-9:40 AM	\$77/\$96
47712	M-Th	7/28-8/7	3:40-4:15 PM	\$77/\$96



Aquatics

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 6+				M/NM
47723	M-Th	6/16-6/26	9:45-10:25 AM	\$71/\$88
47724	M-Th	6/16-6/26	3:40-4:15 PM	\$71/\$88
47736	M-Th	6/16-6/26	4:20-4:55 PM	\$71/\$88
47733	Su	6/22-8/10	9-9:40 AM	\$62/\$77
47734	Su	6/22-8/10	11:15-11:55 AM	\$62/\$77
47735	Su	6/22-8/10	12-12:40 PM	\$62/\$77
47725	M-Th	6/30-7/10	9-9:40 AM	\$71/\$88
47726	M-Th	6/30-7/10	9:45-10:25 AM	\$71/\$88
47727	M-Th	6/30-7/10	3:40-4:15 PM	\$71/\$88
47728	M-Th	7/14-7/24	9-9:40 AM	\$71/\$88
47729	M-Th	7/14-7/24	9:45-10:25 AM	\$71/\$88
47730	M-Th	7/14-7/24	3:40-4:15 PM	\$71/\$88
47731	M-Th	7/28-8/7	9-9:40 AM	\$71/\$88
47732	M-Th	7/28-8/7	3:40-4:15 PM	\$71/\$88

Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 6+				M/NM
47737	M-Th	6/16-6/26	9-9:40 AM	\$71/\$88
47738	M-Th	6/16-6/26	9:45-10:25 AM	\$71/\$88
47739	M-Th	6/16-6/26	3-3:35 PM	\$71/\$88
47752	Sa	6/21-8/9	11:15-11:55 AM	\$62/\$77
47740	Su	6/22-8/10	9:45-10:25 AM	\$62/\$77
47741	Su	6/22-8/10	10:30-11:10 AM	\$62/\$77
47751	Su	6/22-8/10	12-12:40 PM	\$62/\$77
47742	M-Th	6/30-7/10	9-9:40 AM	\$71/\$88
47743	M-Th	6/30-7/10	9:45-10:25 AM	\$71/\$88
47744	M-Th	6/30-7/10	3-3:35 PM	\$71/\$88
47745	M-Th	7/14-7/24	9-9:40 AM	\$71/\$88
47746	M-Th	7/14-7/24	9:45-10:25 AM	\$71/\$88
47747	M-Th	7/14-7/24	3-3:35 PM	\$71/\$88

47748	M-Th	7/28-8/7	9-9:40 AM	\$71/\$88
47749	M-Th	7/28-8/7	9:45-10:25 AM	\$71/\$88
47750	M-Th	7/28-8/7	3-3:35 PM	\$71/\$88

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 6+				M/NM
47753	M-Th	6/16-6/26	9-9:40 AM	\$71/\$88
47754	M-Th	6/16-6/26	9:45-10:25 AM	\$71/\$88
47755	M-Th	6/16-6/26	3-3:35 PM	\$71/\$88
47756	M-Th	6/16-6/26	4:20-4:55 PM	\$71/\$88
47771	Tu & Th	6/17-7/10	7:35-8:10 PM	\$71/\$88
47769	Sa	6/21-8/9	10:30-11:10 AM	\$62/\$77
47773	Sa	6/21-8/9	11:15-11:55 AM	\$62/\$77
47757	Su	6/22-8/10	9-9:40 AM	\$62/\$77
47758	Su	6/22-8/10	10:30-11:10 AM	\$62/\$77
47770	Su	6/22-8/10	11:15-11:55 AM	\$62/\$77
47759	M-Th	6/30-7/10	9-9:40 AM	\$71/\$88
47760	M-Th	6/30-7/10	9:45-10:25 AM	\$71/\$88
47761	M-Th	6/30-7/10	3-3:35 PM	\$71/\$88
47762	M-Th	7/14-7/24	9-9:40 AM	\$71/\$88
47763	M-Th	7/14-7/24	9:45-10:25 AM	\$71/\$88
47764	M-Th	7/14-7/24	3-3:35 PM	\$71/\$88
47765	M-Th	7/14-7/24	4:20-4:55 PM	\$71/\$88
47772	Tu & Th	7/15-8/7	7:35-8:10 PM	\$71/\$88
47766	M-Th	7/28-8/7	9-9:40 AM	\$71/\$88
47767	M-Th	7/28-8/7	9:45-10:25 AM	\$71/\$88
47768	M-Th	7/28-8/7	3-3:35 PM	\$71/\$88

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Age: 7+				M/NM
47774	M-Th	6/16-6/26	9-9:40 AM	\$71/\$88
47775	M-Th	6/16-6/26	9:45-10:25 AM	\$71/\$88
47776	M-Th	6/16-6/26	3:40-4:15 PM	\$71/\$88
47792	Tu & Th	6/17-7/10	7:35-8:10 PM	\$71/\$88
47791	Sa	6/21-8/9	9:45-10:25 AM	\$62/\$77
47777	Su	6/22-8/10	9-9:40 AM	\$62/\$77
47778	Su	6/22-8/10	9:45-10:25 AM	\$62/\$77

Aquatics

47789	Su	6/22-8/10	11:15-11:55 AM	\$62/\$77
47790	Su	6/22-8/10	12-12:40 PM	\$62/\$77
47779	M-Th	6/30-7/10	9-9:40 AM	\$71/\$88
47780	M-Th	6/30-7/10	9:45-10:25 AM	\$71/\$88
47781	M-Th	6/30-7/10	3-3:35 PM	\$71/\$88
47782	M-Th	7/14-7/24	9-9:40 AM	\$71/\$88
47783	M-Th	7/14-7/24	9:45-10:25 AM	\$71/\$88
47784	M-Th	7/14-7/24	3:40-4:15 PM	\$71/\$88
47793	Tu & Th	7/15-8/7	7:35-8:10 PM	\$71/\$88
47785	M-Th	7/28-8/7	9-9:40 AM	\$71/\$88
47786	M-Th	7/28-8/7	9:45-10:25 AM	\$71/\$88
47787	M-Th	7/28-8/7	3-3:35 PM	\$71/\$88
47788	M-Th	7/28-8/7	4:20-4:55 PM	\$71/\$88

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Age: 7+				M/NM
47794	M-Th	6/16-6/26	9-9:40 AM	\$71/\$88
47795	M-Th	6/16-6/26	3-3:35 PM	\$71/\$88
47804	Sa	6/21-8/9	10:30-11:10 AM	\$62/\$77
47805	Sa	6/21-8/9	9:45-10:25 AM	\$62/\$77
47796	Su	6/22-8/10	9:45-10:25 AM	\$62/\$77
47803	Su	6/22-8/10	10:30-11:10 AM	\$62/\$77
47797	M-Th	6/30-7/10	9-9:40 AM	\$71/\$88
47798	M-Th	6/30-7/10	4:20-4:55 PM	\$71/\$88
47799	M-Th	7/14-7/24	9:45-10:25 AM	\$71/\$88
47800	M-Th	7/14-7/24	3-3:35 PM	\$71/\$88
47801	M-Th	7/28-8/7	9-9:40 AM	\$71/\$88
47802	M-Th	7/28-8/7	4:20-4:55 PM	\$71/\$88

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Age: 7+				M/NM
47806	M-Th	6/16-6/26	9:45-10:25 AM	\$71/\$88
47807	Su	6/22-8/10	9-9:40 AM	\$62/\$77
47808	Su	6/22-8/10	10:30-11:10 AM	\$62/\$77
47809	Su	6/22-8/10	12-12:40 PM	\$62/\$77
47810	M-Th	6/30-7/10	9:45-10:25 AM	\$71/\$88
47811	M-Th	6/30-7/10	4:20-4:55 PM	\$71/\$88
47812	M-Th	7/14-7/24	9:45-10:25 AM	\$71/\$88
47813	M-Th	7/14-7/24	4:20-4:55 PM	\$71/\$88

47814	M-Th	7/28-8/7	9:45-10:25 AM	\$71/\$88
47815	M-Th	7/28-8/7	3-3:35 PM	\$71/\$88
47816	M-Th	7/28-8/7	4:20-4:55 PM	\$71/\$88

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives.

Prerequisite: Youth 5 and 6

Age: 7+				M/NM
47817	M-Th	6/16-6/26	9-9:40 AM	\$71/\$88
47818	M-Th	6/16-6/26	9:45-10:25 AM	\$71/\$88
47819	M-Th	6/16-6/26	8:15-8:55 PM	\$71/\$88
47820	Sa	6/21-8/9	10:30-11:10 AM	\$62/\$77
47821	Su	6/22-8/10	9-9:40 AM	\$62/\$77
47823	M-Th	7/14-7/24	8:15-8:55 PM	\$71/\$88
47824	M-Th	7/28-8/7	9:45-10:25 AM	\$71/\$88

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
47576	M & W	6/16-7/9	7:35-8:20 PM	\$71/\$88
47577	Sa	6/21-8/9	9-9:40 AM	\$62/\$77
47578	M & W	7/14-8/6	7:35-8:20 PM	\$71/\$88
47579	Tu & Th	7/15-8/7	8:15-9 PM	\$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
47580	M & W	6/16-7/9	7:35-8:20 PM	\$71/\$88
47581	Tu & Th	6/17-7/10	8:15-9 PM	\$71/\$88
47582	Sa	6/21-8/9	9:45-10:25 AM	\$62/\$77
47583	M & W	7/14-8/6	7:35-8:20 PM	\$71/\$88

Aquatics

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
47584	M & W	6/16-7/9	8:20-9:05 PM	\$71/\$88
47585	Tu & Th	6/17-7/10	8:15-9 PM	\$71/\$88
47586	M & W	7/14-8/6	8:20-9:05 PM	\$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
47587	M & W	6/16-7/9	8:20-9:05 PM	\$71/\$88
47588	M & W	7/14-8/6	8:20-9:05 PM	\$71/\$88

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+				M/NM
47589	Tu & Th	7/15-8/7	8:15-9 PM	\$71/\$88



Adult Water Fitness

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
48004	W	6/18-8/6	10:15-11 AM	\$37/\$45
47590	F	6/20-8/8	10:15-11 AM	\$33/\$40

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 15+				M/NM
47591	M & W	6/16-8/6	8:30-9:15 AM	\$74/\$90
47592	Tu & Th	6/17-8/7	8:30-9:15 AM	\$74/\$90
47594	Tu & Th	6/17-8/7	9:15-10 AM	\$74/\$90
47593	F	6/20-8/8	8:30-9:15 AM	\$33/\$40

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
47595	M	6/16-8/4	9:15-10 AM	\$37/\$45
47596	W	6/18-8/6	9:15-10 AM	\$37/\$45

Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low-impact strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact.

Age: 14+				M/NM
47597	M	6/16-8/4	10:15-11 AM	\$37/\$45

Aquatics

Aqua Yoga

Lower impact than traditional yoga, Aqua Yoga puts less strain on joints and provides excellent exercise with a meditative yoga practice. Ideal for those suffering from arthritis, fibromyalgia, or high blood pressure, as well as the elderly, the overweight, and those recovering from injury or surgery.

Age: 16+ M/NM
47599 Tu & Th 6/17-8/7 2-2:55 PM \$97/\$116

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+ M/NM
47982 Th 6/19-8/7 10:15-11 AM \$37/\$45
47600 F 6/20-8/8 9:15-10 AM \$33/\$40

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+ M/NM
47625 Tu 6/17-8/5 10:10-10:55 AM \$37/\$45
47627 Tu & Th 6/17-8/7 10:10-10:55 AM \$74/\$90
47626 Th 6/19-8/7 10:10-10:55 AM \$37/\$45

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 18+ M/NM
47628 M 6/16-8/4 9:10-9:55 AM \$37/\$45
47631 Tu & Th 6/17-8/7 7:10-7:55 PM \$74/\$90
47629 W 6/18-8/6 9:10-9:55 AM \$37/\$45
47630 F 6/20-8/8 9:10-9:55 AM \$33/\$40

H2O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 15+ M/NM
47689 M 6/16-8/4 9:15-10 AM \$37/\$45
47690 Tu & Th 6/17-8/7 11:05-11:50 AM \$74/\$90
47693 Tu & Th 6/17-8/7 7:15-8 PM \$74/\$90
47691 W 6/18-8/6 9:15-10 AM \$37/\$45
47692 F 6/20-8/8 9:15-10 AM \$33/\$40



Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters.

Age: 14+ M/NM
47717 M 6/16-8/4 7:35-8:20 PM \$40/\$49
47715 Tu & Th 6/17-8/7 8:20-9:05 PM \$80/\$98
47716 F 6/20-8/8 11-11:45 AM \$35/\$43

Aquatics

Triathlete F.I.S.H. Sessions *New*

Triathlete F.I.S.H. Sessions is a Fast, Intense Swim Hour, where the only thing that matters is the pace clock and your next stroke. Coached, structured workouts designed to get you IN, SWIMMING and OUT before you know it. If you've already got a working freestyle stroke and just need to let it rip, this is the series for you. Workouts will be designed around a progressive program, intended for triathletes who are serious about getting to T1 in a hurry! You should be able to swim 100 yards in 1:40 at a minimum before signing up for these sessions.

Age: 15+				M/NM
47632	M	6/16-8/4	6-7 AM	\$71/\$82
47633	W	6/18-8/6	6-7 AM	\$71/\$82
47634	F	6/20-8/8	6-7 AM	\$62/\$72

Triathlete Swim Endurance *New*

Triathlon Swim Endurance Class is designed for athletes preparing primarily for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yds of continuous freestyle.

Age: 16+				M/NM
47718	Su	6/22-8/10	7-8:30 PM	\$93/\$105

Triathlete Swim Speed *New*

This class is designed for athletes preparing primarily for Sprint to Half Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
47719	Sa	6/21-8/9	6:30-8 PM	\$93/\$105



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Triathlon Swim Clinic

The Triathlon Swim Technique Class is designed to help develop a more effective and efficient freestyle stroke, and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of freestyle continuously.

Age: 16+				M/NM
47720	Su	6/22-8/10	8:05-8:55 AM	\$62/\$70

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness also emphasized.

Age: 15+				M/NM
47721	M & W	6/16-8/6	9:15-10:15 AM	\$84/\$105
47722	Tu & Th	6/17-8/7	8:30-9:30 AM	\$84/\$105

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
47575	Tu & Th	6/17-8/7	2:05-2:50 PM	\$36/\$45

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+				M/NM
47698	M, W & F	6/16-8/8	10:10-10:55 AM	\$52/\$65

Aquatics

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+
47697 M, W & F 6/16-8/8 11:05-11:50 AM M/NM \$52/\$65

Senior Exercise Swim

Stop those aches and pains? Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+
47699 M, W & F 6/16-8/8 2-2:45 PM M/NM \$52/\$65

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 16+
47601 Tu & Th 6/17-8/7 10:10-10:55 AM M/NM \$84/\$106



Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.



Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for an accurate training schedule (www.rockvillemd.gov/swimcenter).

Age: 15+
47695 M-F 6/2-6/6 4-10 PM M/NM \$195
47696 M-F 7/7-7/11 4-10 PM M/NM \$195

Tired of the Same Old Routine?

Try Small Group Training

- Personal training for half the price!
- Work out with a trainer and 4-6 students.

Exciting new courses now available at the Rockville Swim and Fitness Center.

See more details on page 31.

Aquatics

Water Safety Day

Friday, May 30
3:30-6:30 p.m.

Gaithersburg Water Park

512 S. Frederick Ave., Gaithersburg



Stay safe at the pool this summer!

FREE swimming event hosted by:
City of Gaithersburg
Montgomery County
City of Rockville

LEARN:

- Preventing drowning
- Proper use of life jackets
- Water rescue skills
- Skin cancer prevention
- Swim lessons (evaluations offered)

Held Rain or Shine

Looking for a local swim team?

**Check out the
Rockville-Montgomery
Swim Club.**

- One of the largest and most successful teams in U.S.
- 87 coaches working with 2,037 swimmers at five practice sites.

For more information, contact:

Dave Greene at
dgreene@rockvillemd.gov



Treat your dog to an afternoon

SPLASH

IN THE POOL

Rockville Swim and Fitness Center

DOGGIE DIP DAY

Saturday, September 6
Noon – 4 p.m.
240-314-8650



**Slide into
a job!**

Life Guards, Water and Land Fitness Instructors

Call 240-314-8750 for additional information.
www.rockvillemd.gov/swimcenter

Cultural Arts

Glenview Mansion Art Gallery

Summer Exhibits

June 1-20

Pierre Ruffieux - Sculpture (trolls)

Streams of Light - Photography

Ray Jubela - Photography

Free Opening Reception

Sunday, June 1, 1:30-3:30 p.m.

June 29 – July 25

Han Mee Artists - Varied media

Free Opening Reception

Sunday, June 29, 1:30-3:30 p.m.



August 3-29

The Friday Group - Mixed sculpture

Richard Weiblinger - Photography

Patricia Hilton - Paintings: pastel, oil, acrylic

Free Opening Reception

Sunday, August 3, 1:30-3:30 p.m.

Free – Open to the public.

No tickets required.

240-314-8682

www.rockvillemd.gov/arts

GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the
Mansion and formal gardens.

Special rental discounts for
Rockville residents and businesses.

240-314-8660

www.rockvillemd.gov/glenview

603 Edmonston Drive

Sculpture on the Grounds

28th Annual Outdoor Sculpture Exhibit

Juried Regional Artists Show
Varied Media

June 1 - October 19

Rockville Civic Center Park

Walking Tour

Sunday, June 1, 1 p.m.

Glenview Mansion

Dining Room, First Floor

www.rockvillemd.gov/arts



Cultural Arts

Sunday Afternoon Concert Series

Glenview Mansion
1st Floor Conservatory
2 P.M.



June 1

Beau Soir Ensemble

Flute, viola, and harp trio dedicated to the performance of standard and contemporary repertoire spanning a variety of genres – including chamber music.

June 29

Michael DeLalla

“His music is a blend of succulent and delicious sounds guaranteed to tantalize anyone’s musical appetite.” – Chiara Latini

August 3

Nancy Scimone

In intimate soirées or enormous concert halls vocal artist Nancy Scimone fills the space with grace and joy, enlivening every listener with her vibrant stage presence, “winsome elegance” and “warm and enveloping voice.”
(The Washington Post)

Free – No tickets required.
240-314-8682
www.rockvillemd.gov/arts

Rockville Regional Youth Orchestra

Bryan Seith, Director

Free Concert



Tuesday, May 27
7:30 p.m.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

Refreshments after the show

Music students in grades 4-9 rehearse each week during the semester to bring you an evening of classical delights.

Free - open to the public.
No tickets required.



240-314-8682
www.rockvillemd.gov/arts

Cultural Arts

ROCKVILLE CIVIC BALLET

Claudia Mangan, Director

Summer Production



Saturday, August 2 at 7:30 p.m.
Sunday, August 3 at 2 p.m.

TICKETS: \$17 Adults; \$13 Children (ages 12 and younger)
\$13 Seniors (ages 60 and older)

GROUP RATES \$16.50 - for seven or more adults
\$12.50 - for 10 or more children/seniors

Assigned seat tickets may be purchased in-person, by phone, or by mail order at the F. Scott Fitzgerald Theatre Box Office beginning July 8.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

FOR TICKETS: 240-314-8690

"FREE FOR ALL"

IN THE PARKS

**Check out our fabulous
parks this summer!**

Thursday Evenings
7:30-8:30 p.m.

JUNE 26

The Shifters

Reggae Music

Montrose Community Center
451 Congressional Lane 20852

JULY 10 at 2 p.m.

Bumper Jacksons

A Big Fat Party!

Rockville Senior Center
1150 Carnation Drive 20850

JULY 17

D's Magic

**Magical Fun with
Amazement and Laughter**

Lincoln Park Community Center
357 Frederick Avenue 20850
(moves inside Center
if inclement weather)



JULY 24

James Mabry

Acoustic Blues Guitar and Harmonica

The Blues never sounded so good!
Calvin Park
1248 Gladstone Drive 20851

**Bring a blanket, lawn chair,
bug repellent and dinner.**

**In case of inclement weather,
call 240-314-8682 at 4 p.m.,
day of event.**

www.rockvillemd.gov/arts

Interested in
Ballet lessons?



Check out our children, teen and adult classes.

(see pages 11, 24 and 28)

Cultural Arts

F. Scott Fitzgerald Theatre

Rockville Civic Center Park • 605 Edmonston Drive • Rockville MD 20851

240-314-8690

Rockville Little Theatre

The Miser

May 2, 3, 9, 10 at 8 p.m.

May 4 and 11 at 2 p.m.

Tickets: \$16-\$18

Dawn Crafton Dance Connection

May 15 - 18

Call for Tickets: 301-840-8400

Rockville Chorus

Spring Concert

May 18 at 7:30 p.m.

No tickets; \$5 suggested donation

Rockville Regional Youth Orchestra

Spring Concert

May 27 at 7:30 p.m.

No tickets required.

Join us for refreshments afterwards!

The Washington Balalaika Society

May 31 at 8 p.m.

Tickets: \$15 - \$25

Victorian Lyric Opera Company

Pirates of Penzance

June 13, 14, 20, 21 at 8 p.m.

June 15, 21, 22 at 2 p.m.

Tickets: \$16 - \$24

Preview Performance: June 12

All seats \$12 for Preview Performance

Rockville Musical Theatre

The Music Man

July 11, 12, 18, 19, 25, 26 at 8 p.m.

July 20, 27 at 2 p.m.

Tickets: \$20 - \$22

Rockville Civic Ballet

Summer Production

August 2 at 7:30 p.m.

August 3 at 2 p.m.

Tickets: \$13- \$17

Box Office open Tues. - Sat., 2-7 p.m. and two hours prior to ticketed shows.

www.rockvillemd.gov/theatre

Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

Scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year. Any remaining balance must be paid by the participant. Financial assistance must be applied for in person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Documents Needed for Financial Assistance:

Participants must provide verification of any of the following:

Award letter from Maryland Dept. of Human Resources/ Montgomery County Dept. of Social Services verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps, Medical Assistance and/or Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits. (We do not accept Medicaid cards, FARM cards or Care for Kids.)

Proof participant resides in a shelter: Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.

Proof of Rental Assistance - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.

Supplemental Security Income - Document must be dated within one year of application.

Financial assistance is available for Rockville residents, ages 19 and older, based on income. For additional information, please call 240-314-8620.

How to Online

24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at "www.rockvillemd.gov/recreation."

Online Donation Course #s

\$ 25 - #46993
\$ 50 - #46994
\$ 75 - #46995
\$100 - #46996

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

Beall ES, 451 Beall Ave. 20850

Broome Gym and Park, 751 Twinbrook Pkwy. 20851

Calvin Park, 1248 Gladstone Dr. 20851

City Hall, 111 Maryland Ave. 20850

Civic Ctr. Park, 603 Edmonston Dr. 20851

- F. Scott Fitzgerald Theatre • Social Hall
- Glenview Mansion
- Cottage • Rec. Serv. Bldg.

College Gardens ES, 1700 Yale Pl. 20850

College Gardens Park, 615 College Pkwy. 20850

Croydon Creek Nature Ctr., 852 Avery Rd. 20851

David Scull Park, 1131 First St. 20850

Dogwood Park, 800 Monroe St. 20850

Elwood Smith Rec. Ctr., 601 Harrington Rd. 20852

Fallsmead ES, 1800 Greenplace Ter. 20854

Hillcrest Park, 1150 Crawford Dr. 20850

Julius West MS, 651 Falls Rd. 20850

Kicks Karate, 800 Pleasant Dr., Suite #140, 20850

King Farm Park, 401 Watkins Pond Blvd. 20850

Lakewood ES, 2534 Lindley Ter. 20850

Lincoln Park Com. Ctr., 357 Frederick Ave. 20850

Mark Twain Park, 14501 Avery Rd. 20853

Maryvale ES/Park, 1000 First St. 20850

Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850

Meadow Hall ES, 951 Twinbrook Pkwy. 20851

Montrose Com. Ctr., 451 Congressional Ln. 20852

Monument Park, 550 Maryland Ave. 20850

Potomac Woods Park, 2276 Dunster Ln. 20854

Pump House Com. Ctr., 401 S. Horners Ln. 20850

RedGate Golf Course, 14500 Avery Rd. 20853

Richard Montgomery HS

250 Richard Montgomery Dr. 20850

Ritchie Park ES, 1514 Dunster Rd. 20854

Robert Frost MS, 9201 Scott Dr. 20850

Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851

Rock Terrace School, 390 Martins Ln. 20850

Rockville Skate Park (at Welsh Park),
355 Martins Ln. 20850

Rockville Fencing Academy, 15221 Display Ct. 20850

Rockville Senior Ctr., 1150 Carnation Dr. 20850

Rockville Swim and Fitness Center
355 Martins Ln. 20850

The Little Gym, 1071 Seven Locks Rd. 20854

Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850

Thrive Yoga, 1321-B Rockville Pk. 20852

Twinbrook ES, 5700 Ridgway Ave. 20851

Twinbrook Com. Rec. Ctr.

12920 Twinbrook Pkwy. 20851

Welsh Park, 344 Martins Ln. 20850

Woodley Gardens Park, 900 Nelson St. 20850



Bridget Donnell Newton, Mayor

Councilmembers

Beryl L. Feinberg, Tom Moore
Virginia D. Onley and Julie Palakovich Carr

Barbara B. Matthews, City Manager
Tim Chesnutt, Director of Recreation and Parks
Betsy Thompson, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

We Need Your Support



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

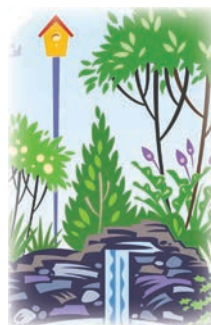
- Improve recreational activities, programs, parks and facilities;
- Support the Rockville Youth Recreation Fund;
- Assist with fundraising, the acquisition and maintenance of new parks and open space; and
- Purchase equipment and other amenities for the City's parks and facilities.



Contributions online or mailed to:

107 W. Jefferson St.,
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Your gift, grant or promised bequest is a tax-deductible contribution.



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.



Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. 240-314-5023 (information line)

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov (click on the "Living In" link) and register for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

A resource for children's activities,
classes and sports in Montgomery County

**CLIMB
ABOARD
THE ROCKET**

activityrocket.com



**Activity
ROCKET™**

Search. Share. Simple.

NOTIFY ME!

Sign up to receive notifications of
Recreation and Parks programs,
cultural arts and special events,
community center activities and
more.

Go to the City's website at
www.rockvillemd.gov
and click on "Notify Me" button.

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips	240-314-8620
Croydon Creek Nature Center	240-314-8770
Cultural Arts (Info. Line)	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center	240-314-5047
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course	240-406-1650
Rockville Skate Park	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line)	240-314-5055
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137

MAIN CONTACT: *required information*Home/Cell Phone: _____ ☐ Check here if new address/phone since last time registered.

*Last Name _____ First Name _____ DOB: / / Sex: M/F

*Address: _____

*City/State/Zip _____

*Work Phone _____ * Email Address: _____

EMERGENCY CONTACT: (other than parent or adult participant)

First Name _____ Last Name _____ Phone _____

PARTICIPANTS:

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch.Yr. '14-'15 Grade	Fee


Rec Fund: \$ _____ Sr. Ctr. Mem: \$ _____ Multi-Course Discount: \$ _____
 \$5 _____ \$10 _____ \$20 _____ Contribution to Recreation Fund: \$ _____
 Total: \$ _____

Special Needs: Participants with special needs should contact our office three weeks prior to activity.

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

*Signature of Participant/Guardian _____

PAYMENTAmount Paid \$ _____ Cash ☐ Check # _____
☐  ☐  _____ Exp. Date ____/____/____

Signature (name on card) _____

OFFICE USE ONLY:

Check _____ Cash _____ Charge _____

Other _____

Processed by: _____

Date Processed: _____

Total Paid: \$ _____

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo particular/celular: _____ ☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

Nombre _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar 14-15 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____

Contribución adicional al Fondo de recreación: \$ _____

Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.

Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor _____

PAGO

Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____



Vencimiento Fecha ____/____/____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$

Four Easy Ways to Register!

Registration Begins:

- Thursday, May 15, 8:30 a.m. by mail, fax, walk-in, online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs)
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Falls Grove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

SATURDAY, MAY 24 & SUNDAY, MAY 25 • 2-10 P.M. • MONDAY, MAY 26 • 9 A.M.-1 P.M.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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HTH

HOSTED BY CITY OF ROCKVILLE
MAYOR AND COUNCIL

HOMETOWN HOLIDAYS
• MEMORIAL DAY WEEKEND •



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OSBORNE • JOHN
BROWNS BODY • THE
FIGHTING JAMESONS
• LIONIZE • AMERICAN
AQUARIUM • GREEN RIVER
ORDINANCE • ELENOWEN •
NEULORE • US ROYALTY • HONOR BY
AUGUST • THE NIGHT HAWKS • KELLY BELL
BAND • MIKE SURRATT AND THE CONTINENTALS
• LLOYD DOBLER EFFECT • TED GARBER • JAH
WORKS • MORRISON BROTHERS BAND • LA UNICA
• B SIDE SHUFFLE • THE SHACK BAND • THE
WOODSHEDDERS • HILLBILLY GYPSIES • PATTY
REESE BAND • PATUXENT PARTNERS • SOUTH RAIL
• DC CASINEROS • 19TH STREET BAND • THE
SWEATER SET • HIGH FIVE WORLD WIDE •
THROWING WRENCHES •**



FREE CONCERTS – OVER 30 BANDS



KIDS ACTIVITIES – TASTE OF ROCKVILLE



70TH ANNUAL MEMORIAL DAY PARADE



AT ROCKVILLE TOWN CENTER

240-314-8620

WWW.ROCKVILLEMD.GOV/HTH



City of
Rockville
Get Into It

